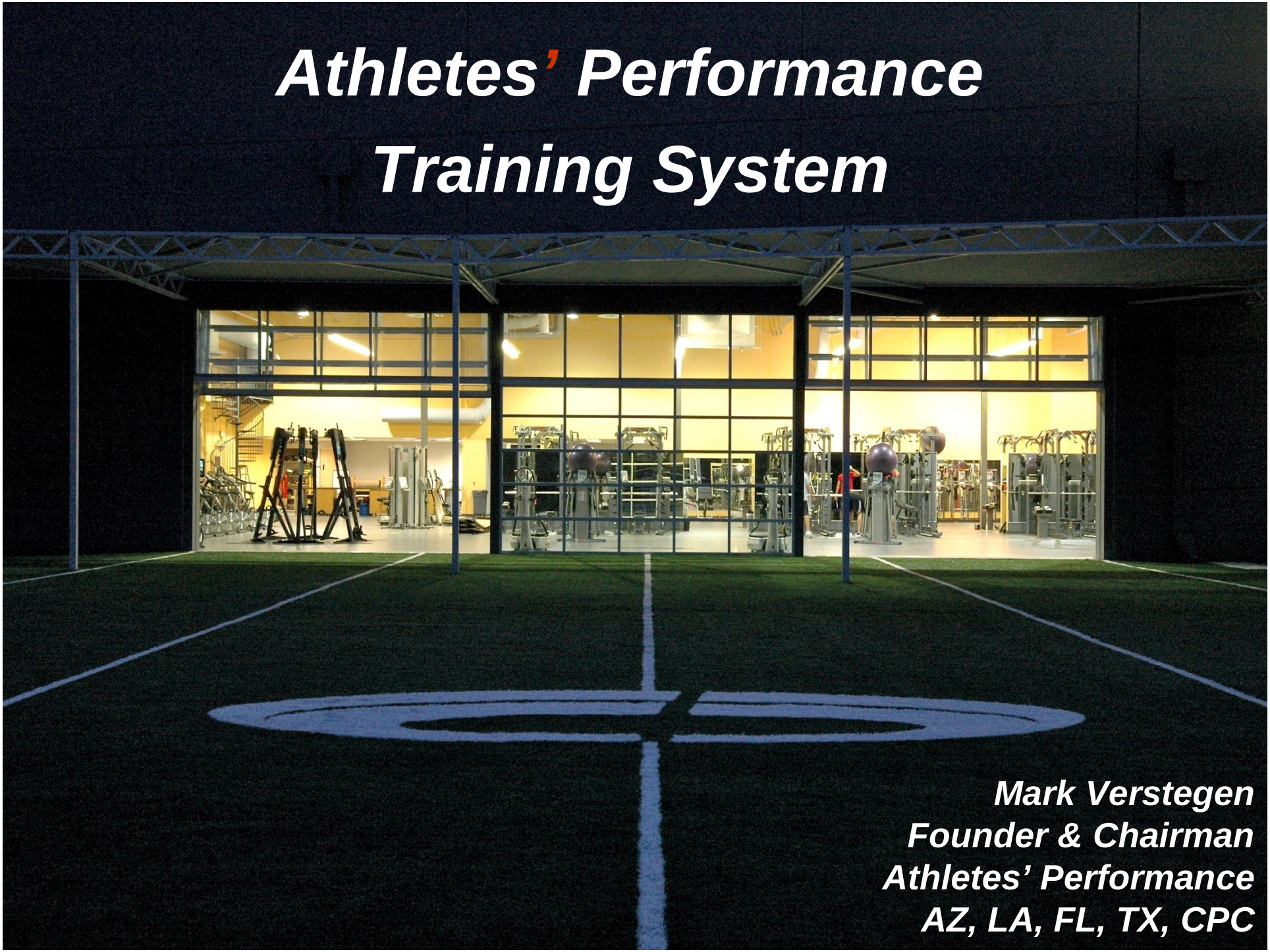
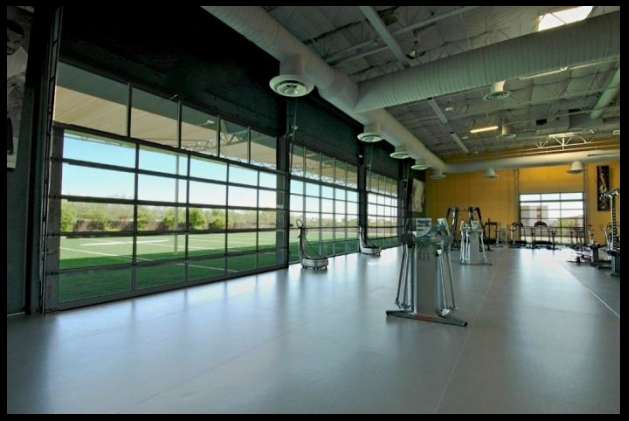
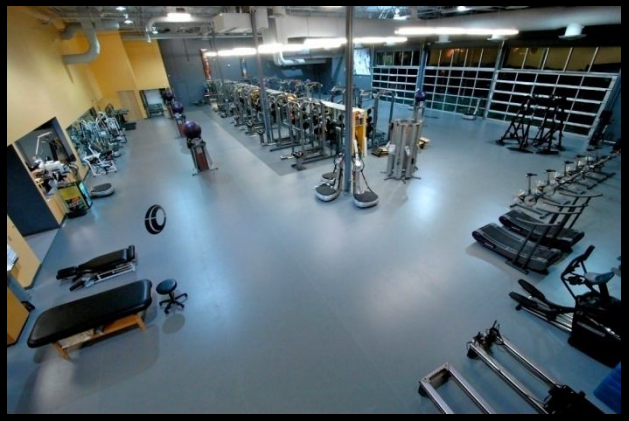
# *Athletes' Performance Training System*



***Mark Verstegen***
***Founder & Chairman***
***Athletes' Performance***
***AZ, LA, FL, TX, CPC***

# 4 Performance Facilities…





**Athletes' Performance Arizona**

# 1000's of Professional Athletes…

## Athletes' Performance Los Angeles

# Complete Training System…

## Athletes' Performance Florida

# The Newest Member…

## Athletes' Performance Texas

# Core Performance Center…

# 10 Contracted Teams…

Athletes PERFORMANCE

Mexico

Germany

Turkey

Everton FC

LA Galaxy

Chivas USA

United States

AS Monaco

Qatar

Argentina

# Education Support Partners…

Athletes PERFORMANCE

adidas®

KEISER®

POWER PLATE.

Gatorade

EAS®

FMS™
www.functionalmovement.com

TRX™
Fitness Anywhere

NFL PLAYERS
ASSOCIATION

TRIGGERPOINT
PERFORMANCE THERAPY
tptherapy.com

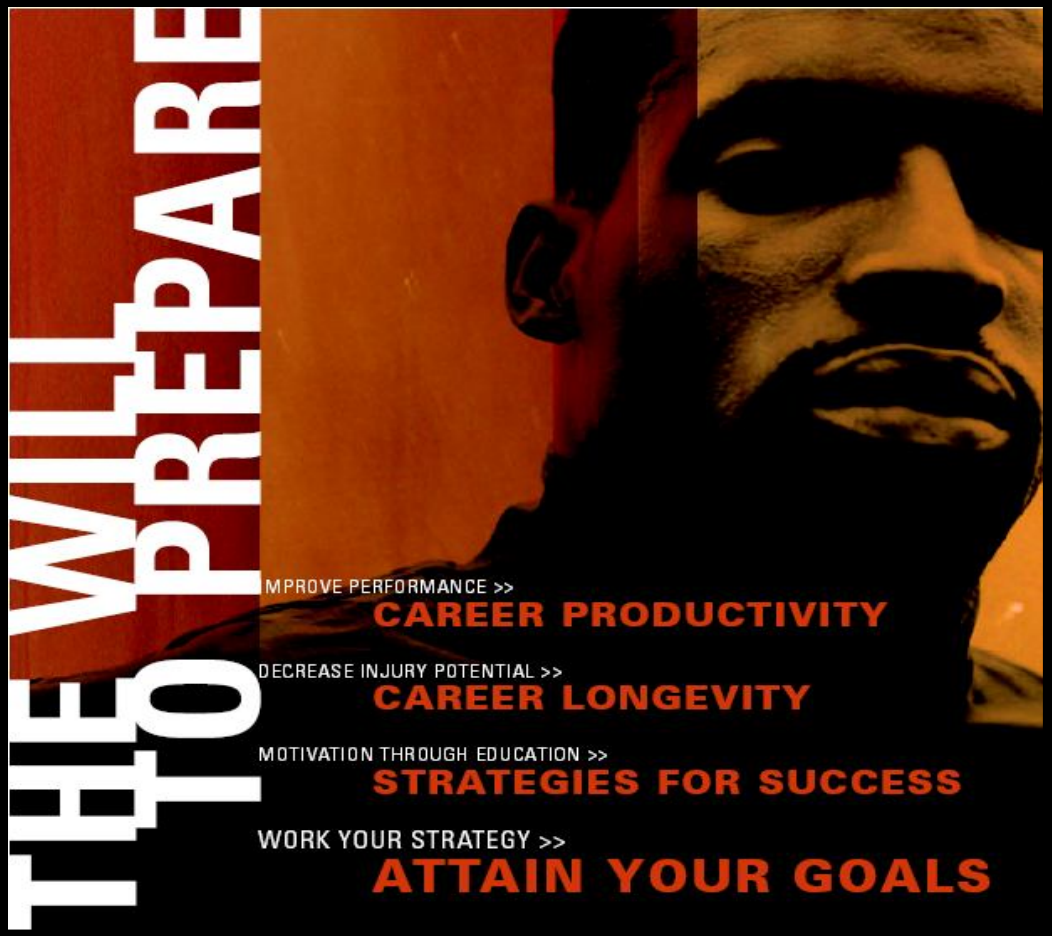
PERFORM BETTER!

# Tactical Performance…

# *Athletes' Performance Mission*

To provide the finest performance methods, specialists, and facilities seamlessly integrated to efficiently and ethically enhance our athletes' performance.

# Athletes' Performance Goals




## Relationships & Results

# Performance Themes (Sport & Life)

- Culture
- Equality - One Team
- Sport Science
- Seamless Integration
- Individualized Approach
- System Based Approach

# *System vs. Method*

- **System:** A coordinated body of methods forming a complex or singular whole
  - Philosophy, Methodology, Tactics
- ***Method:*** A procedure, technique, or way of doing something

***As to methods there may be a million and then some, but principles are few. The man who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble."***

***-Ralph Waldo Emerson***

# Performing in Sport or Life

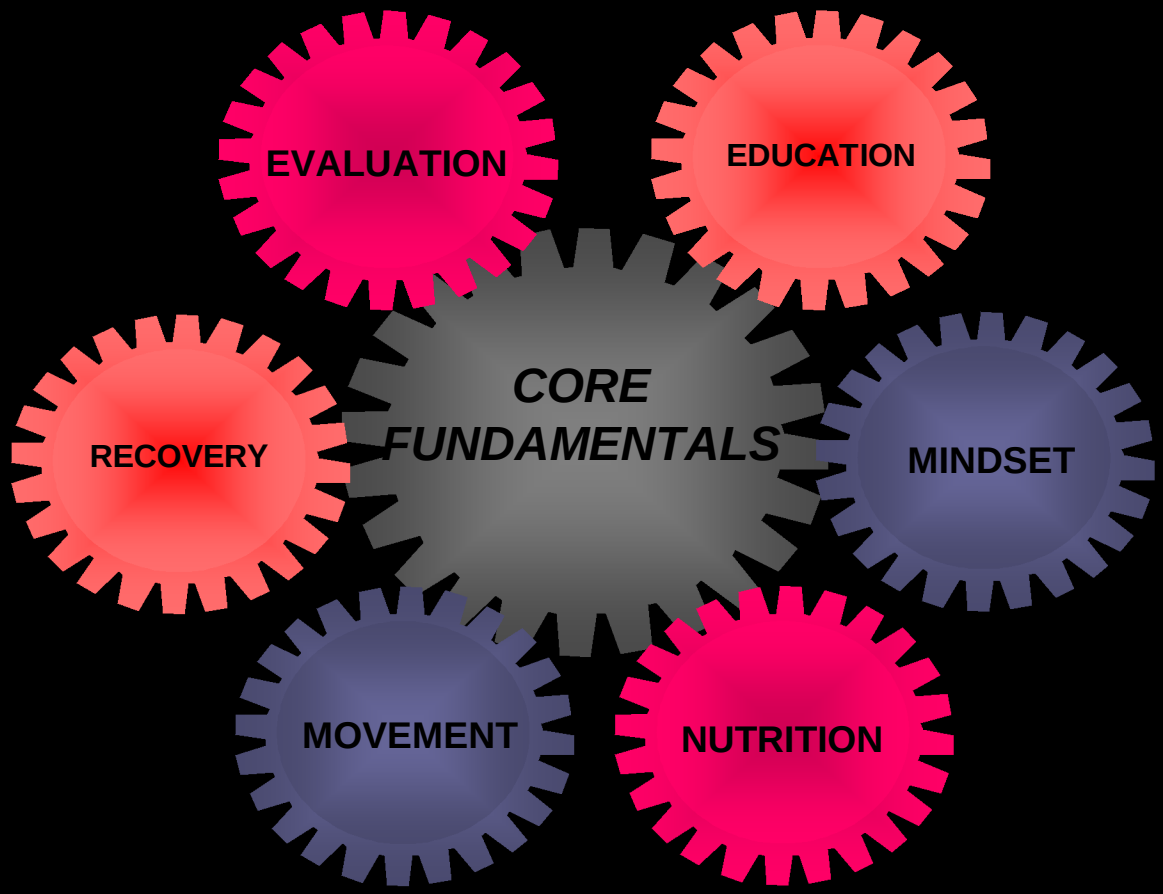
*SPORT/LIFE*

***In***

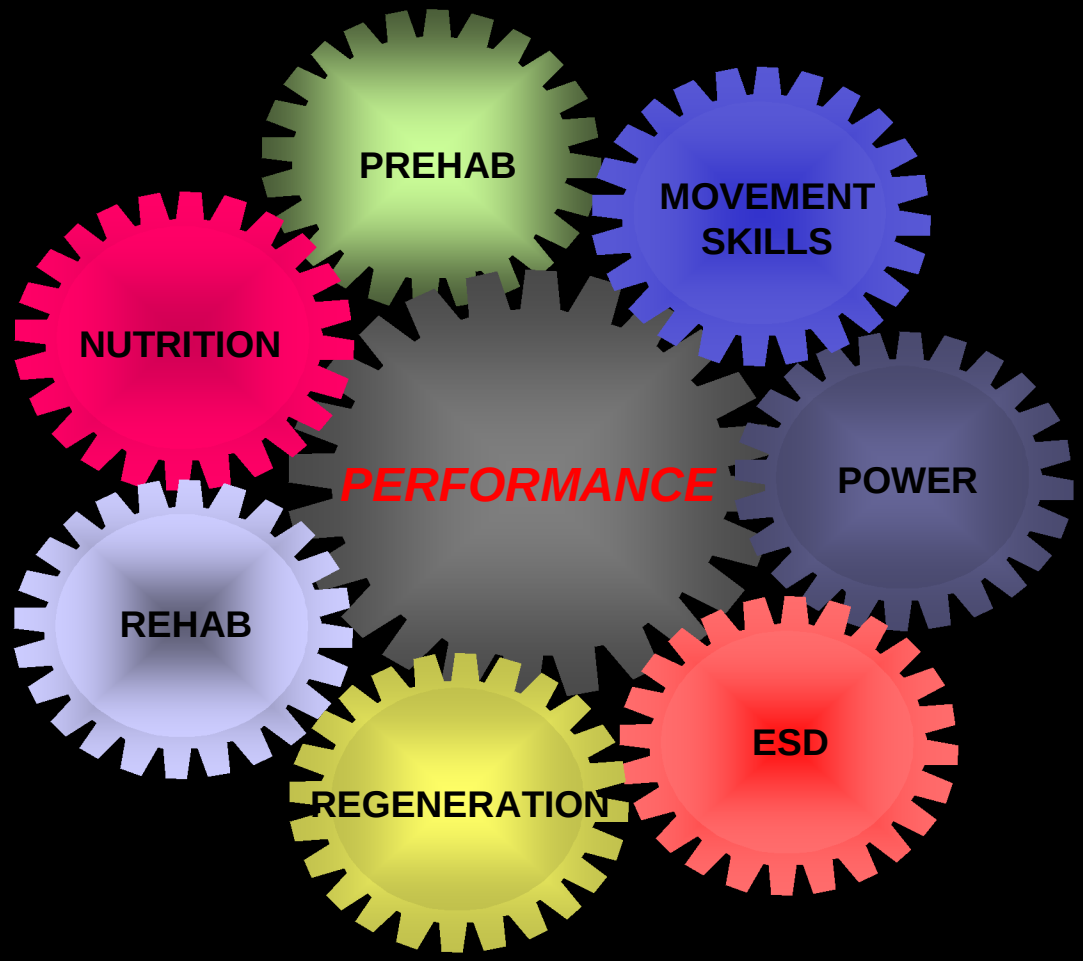
*PERFORMANCE*

***To***

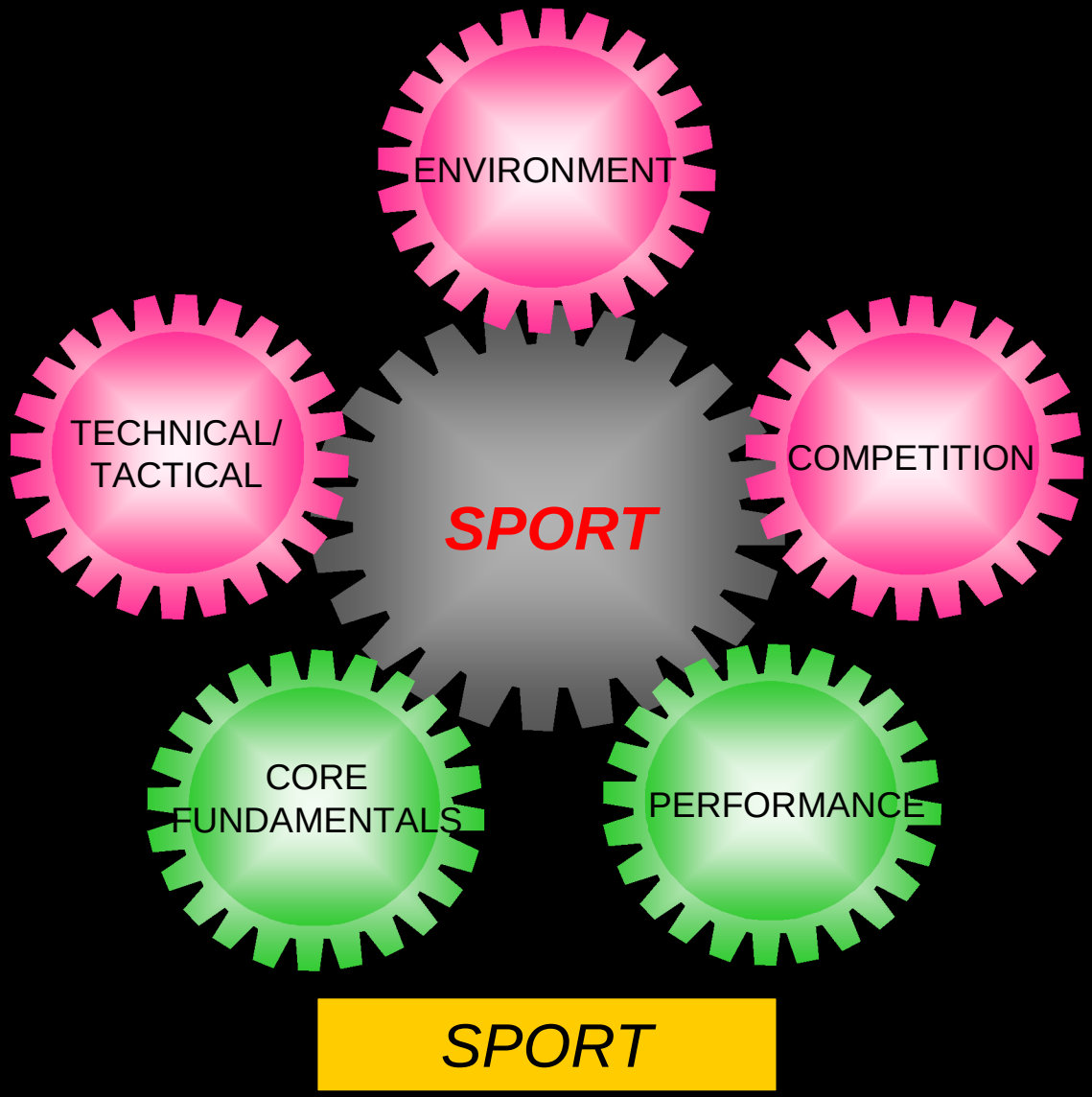
*CORE FUNDAMENTALS*




# CORE FUNDAMENTALS




***PERFORMANCE***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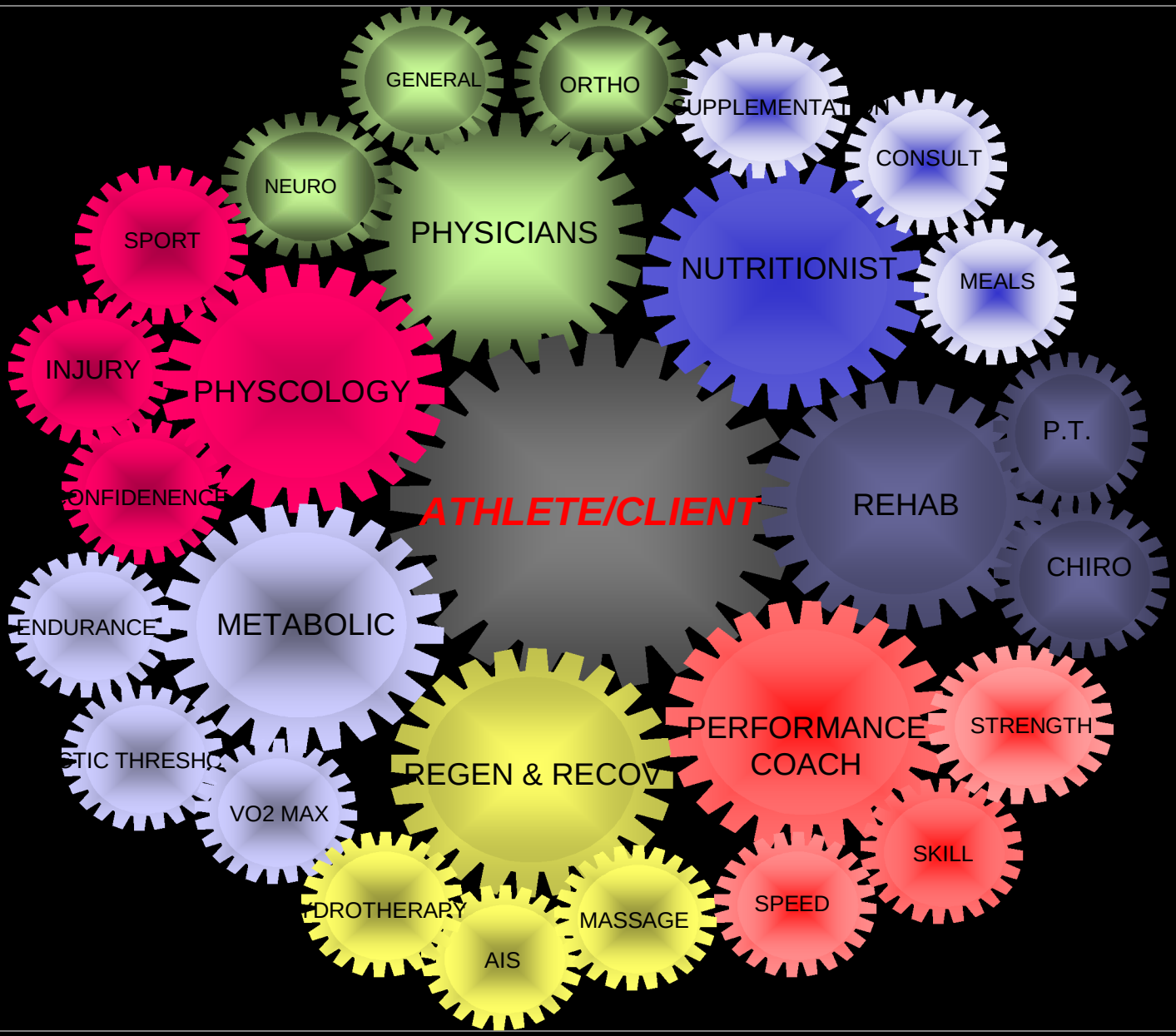
TECHNICAL/
TACTICAL
SPORT
COMPETITION
CORE
FUNDAMENTALS
PERFORMANCE
SPORT


GENERAL
ORTHO
SUPPLEMENTATION
CONSULT
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PHYSICIANS
NUTRITIONIST
MEALS
SPORT
INJURY
PHYSCOLOGY
P.T.
CONFIDENENCE
ATHLETE/CLIENT
REHAB
CHIRO
ENDURANCE
METABOLIC
PERFORMANCE COACH
STRENGTH
TIC THRESHO
VO2 MAX
REGEN & RECOV
SKILL
SPEED
DROTHERAPY
MASSAGE
AIS

# Performance Training Continuum

| REHAB | REHAB (PREHAB) INTEGRATION | PERFORMANCE |
|---|---|---|

***EVALUATE*** ***ISOLATE*** ***INNERVATE*** ***INTEGRATE***

***MD***

- Diagnosis
- Gameplan
- Psychology

***PT, ATC, CHIRO***

- Decrease Pain
- Joint Function
- Compensation Patterns
- Psychology

***PERFORMANCE SPECIALIST***

- Power
- Movement Skills
- Metabolic
- Recovery/Regeneration
- Nutrition
- Psychology

***SKILL COACH***

- Technical
- Tactical
- Psychology

# Mindset

- Fitness
- Body Building
- Power Lifting
- Olympic Lifting

Finite
One Dimensional

- Sport/Life

Infinite
Multi-Dimensional
Random
Chaotic

# Sport Is Movement

Functional Training –
"Preparing like you play!"

A sport and athlete specific prescription of progressive, integrated multi-joint, multi-planar, propriceptively enriched, movements at various loads and speeds.

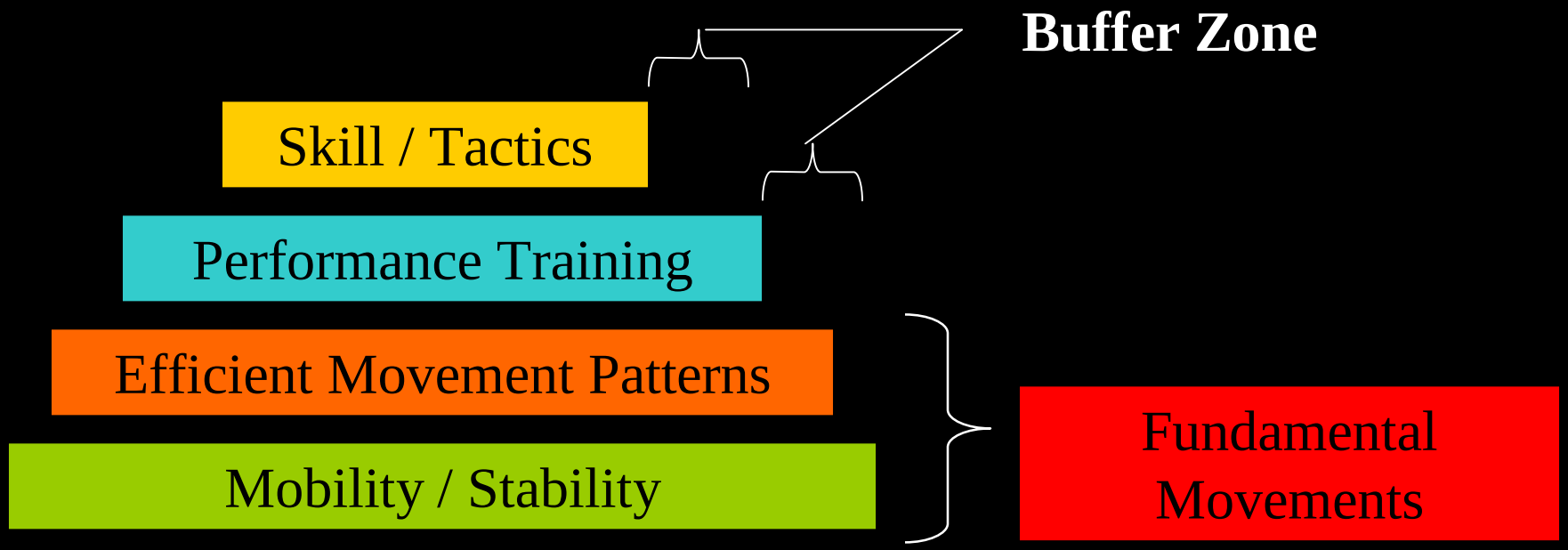
# Athletes' Performance Training System

- **Evaluate Athletes Abilities**
  - Athlete's Abilities + Movement Demands = Periodization/Planning
- **Program Planning**
  - Prehab (Specific to athlete's limitations and demands)
  - Movement Preparation
  - Plyometrics (Neural Activation)
  - Movement Skills
  - Strength-Power Session
  - Energy System Development (Movement Specific)
  - Regeneration (Nutrition + Mindset)

# Evaluation and Movement Analysis

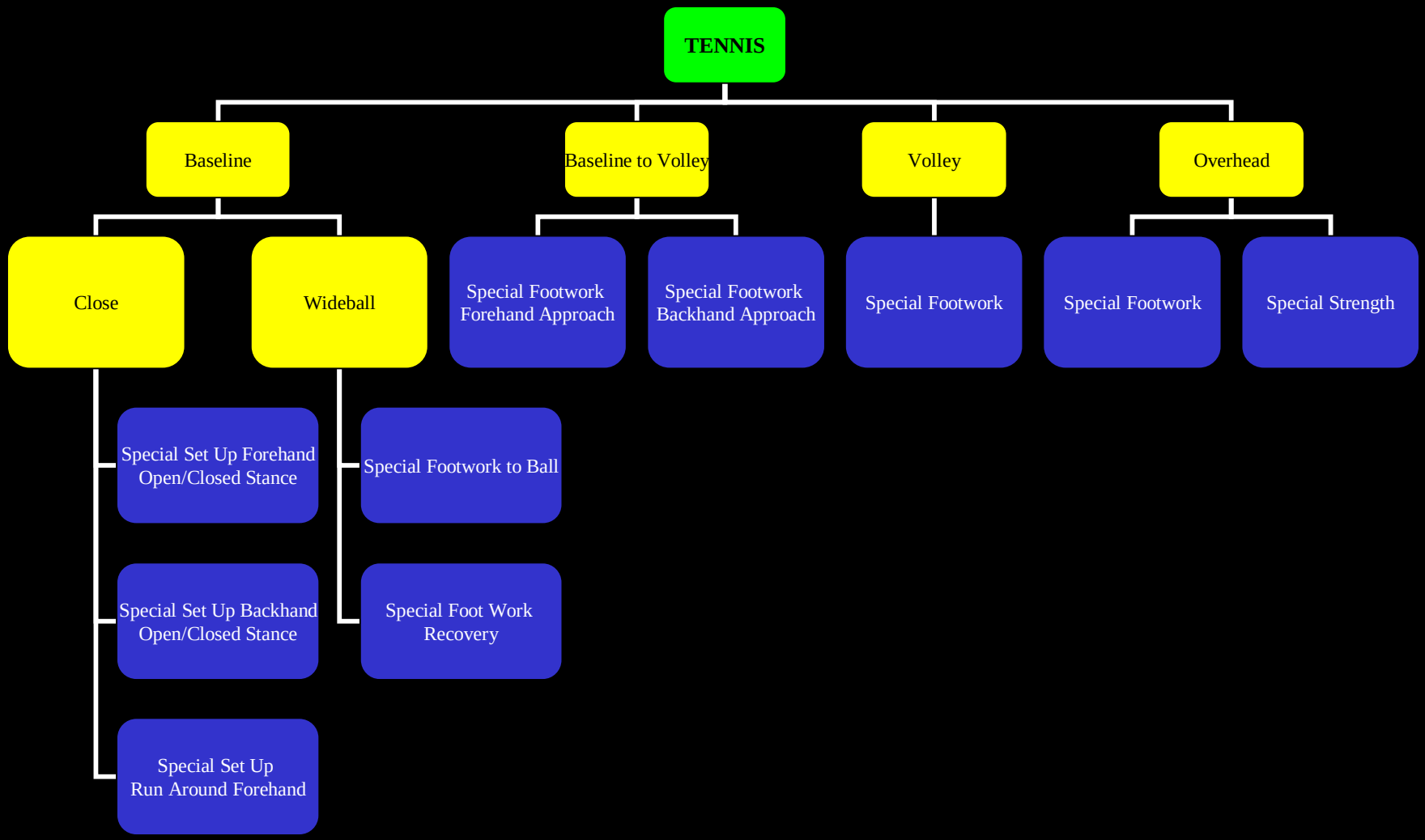
- Athlete Support Interview
  - Subjective Needs-Wants/Goals/DISC
- Body Composition
  - As mass increases so does the force needed to sustain or increase acceleration
- Movement Efficiency
  - Functional Movement Screen (Gray Cook)
  - UQ/LQ Assessment
- Movement Power
  - Power: VJ (CM/NCM Eccentric Utilization Ratio), Keiser, Position Transducer, Jump Mats
  - Strength: Power Lifts and Olympic Lifts
- Movement Capacity
  - iMETT VO2/AT
- Sport Specific Power
  - Linear: Specific Distances (ex. 10yd or 40yd)
  - Multi-: 5-10-5, L-Drill, T-Drill, etc.

# Optimum Performance Pyramid




Gray Cook, 2004

# Movement Analysis



# Movement Analysis

TENNIS

- Baseline
  - Wideball
    - Special Footwork to Ball
      - Base
      - Crossover
      - Acceleration
      - Plant
    - Special Foot Work Recovery
      - Crossover
- Baseline to Volley
- Volley

# Pillar Preparation

***'Linking Injury Prevention to Performance'***

- **Mindset**
- **Asymmetries → Mobility → Stability**
- **Weakest Link (FMS Algorithm)**
  1. **Soft Tissue**
  2. **Active Isolated Stretch**
  3. **Activation/Corrective Exercise**

***Hip*** ***Trunk*** ***Shoulder***

# Movement Preparation

***'Preparing To Train/Compete'***

- **Activation**
- **Active Stretches**
- **Movement Integration/Dissociation**

# Plyometrics

***'Transferring the Weight Room to the Field'***

- Movement Pattern:
  - Jump, Hop, or Bound
- Movement Direction:
  - Linear, Lateral, Rotational
- Movement Initiation:
  - NCM, CM, Double Contact, Continuous, +Load

# Movement Skills

- Movement Skill
  - Technical (Motor Programming)
  - Skill Application (Sport Specific)
- Execution: Pre-Programmed to Random
- Methods: Resisted, Assisted, Combination

***Linear Speed***

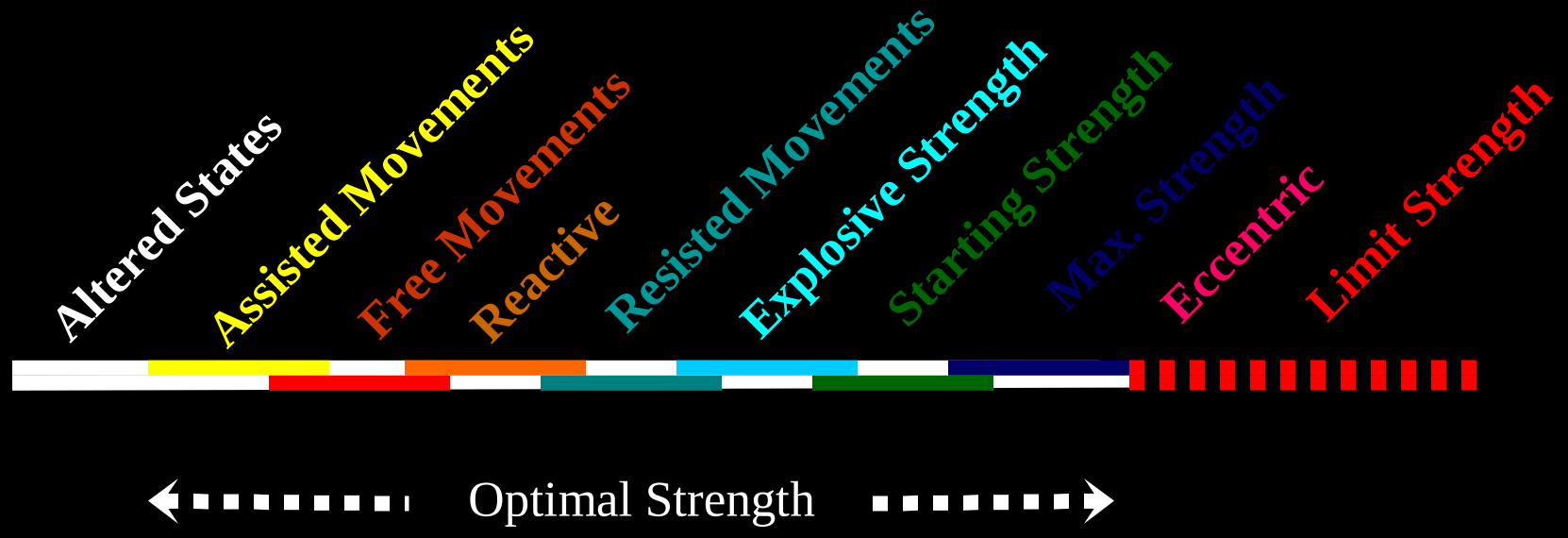
***Multidirectional***

# Strength-Power Session

***'Strength to Support Movement'***

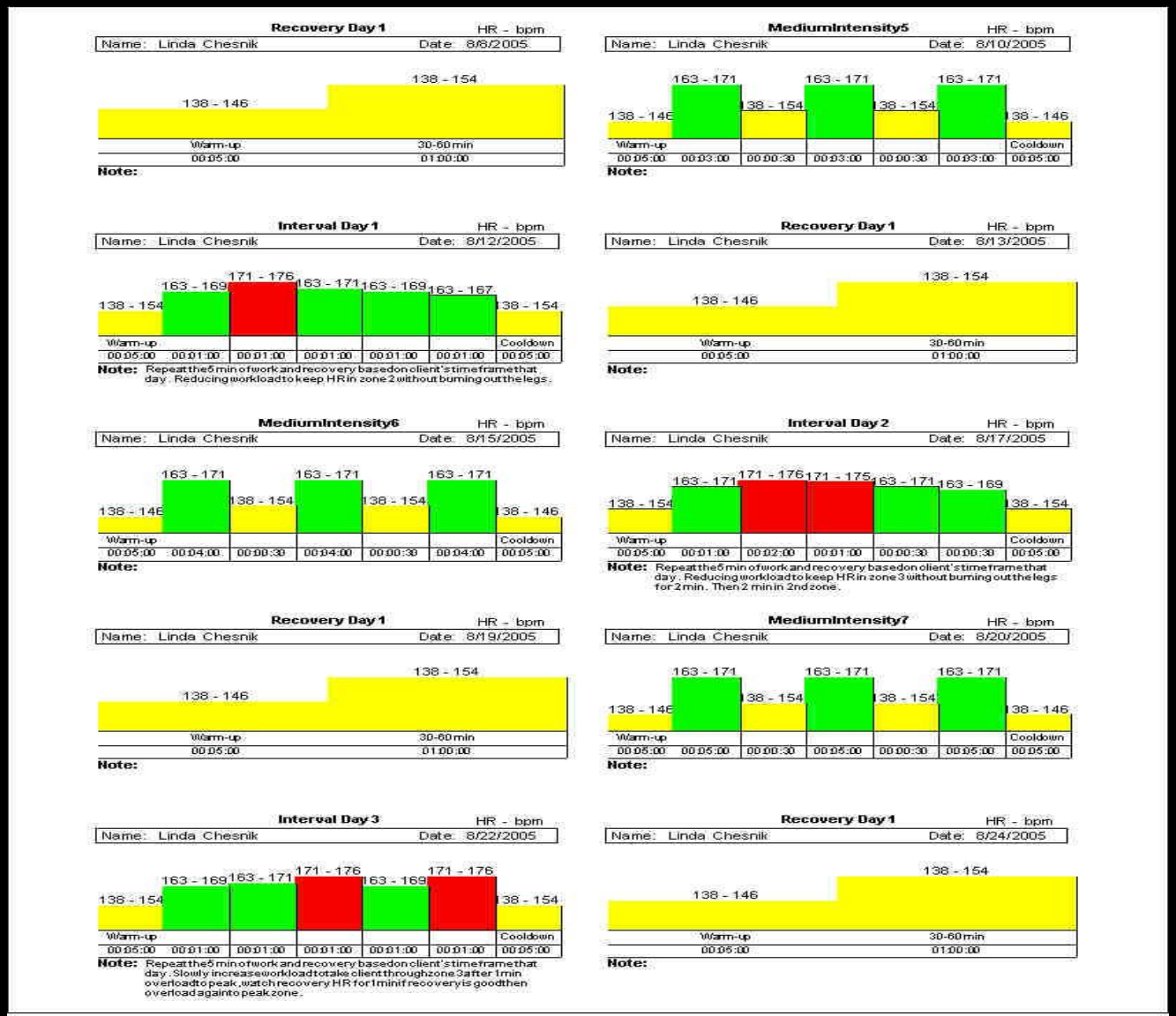
- Themes:
  - Foundational and Performance (ex. Max Power)
- Strength Movements:
  - Upper Push ↔ Pull, Lower Push ↔ Pull, Rotational, Total Body
- Corrective Movements:
  - Compliment Strength Movement (Active Rest)
- Split Selection:
  - Total Body, Upper/Lower, Push-Pull Mix
- Sets and Reps/Loading Methods

# Contractile Continuum

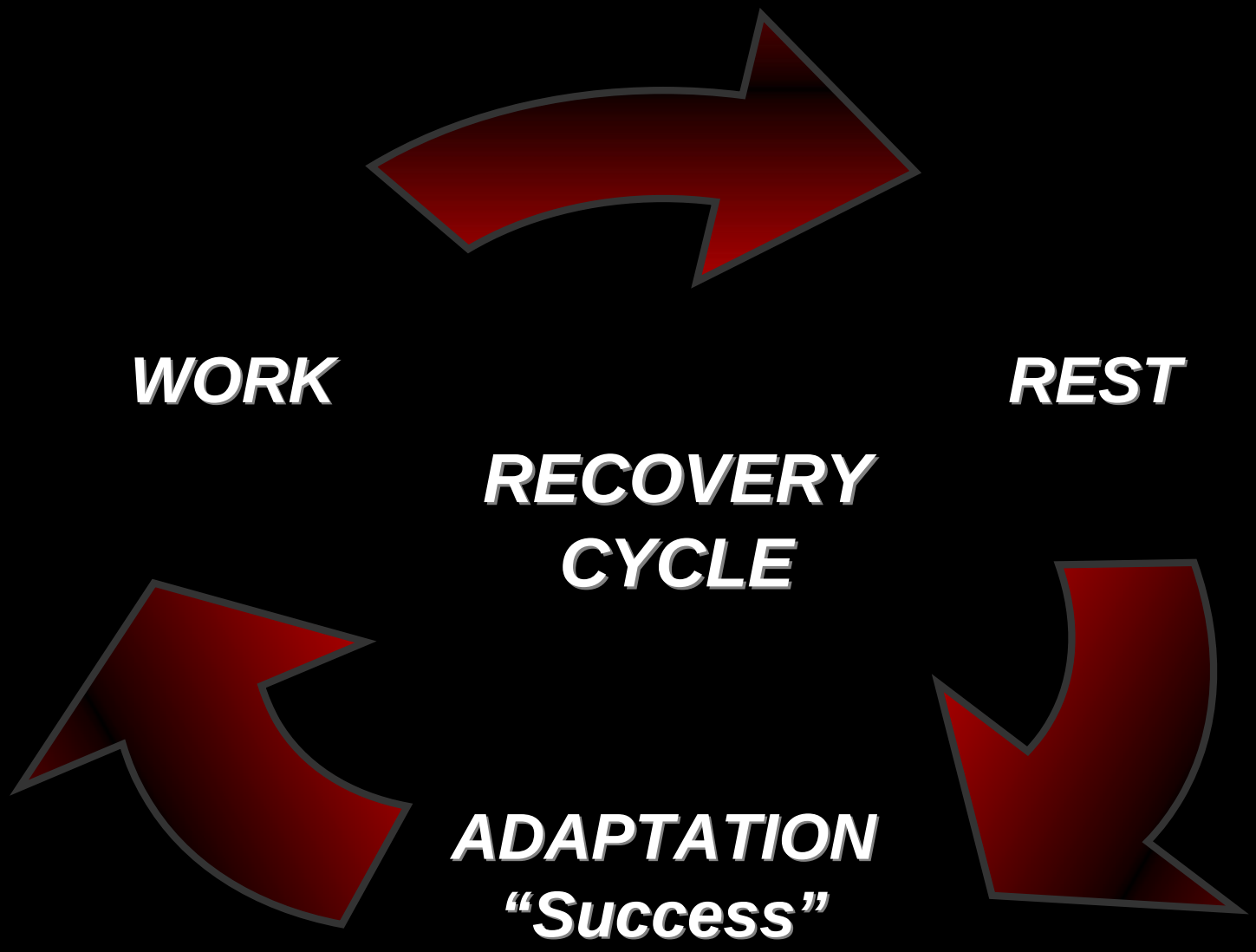


# Energy System Development

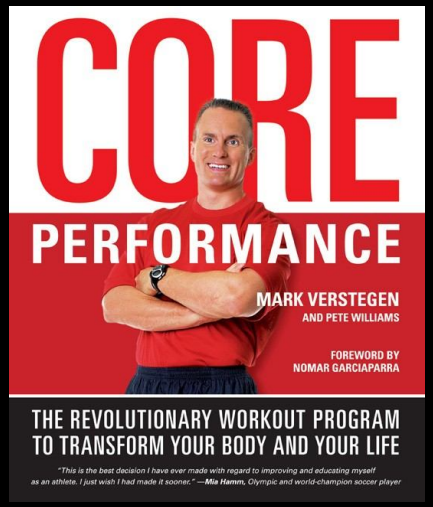
- Specific to System
- Specific to Movement
- 5-Phases
  - Base
  - Interval
  - Linear
  - Multi-
  - Sports Specific

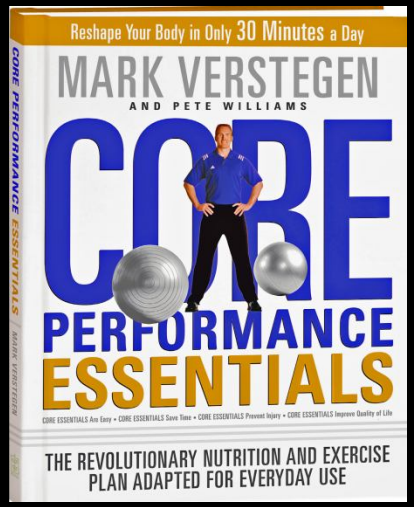


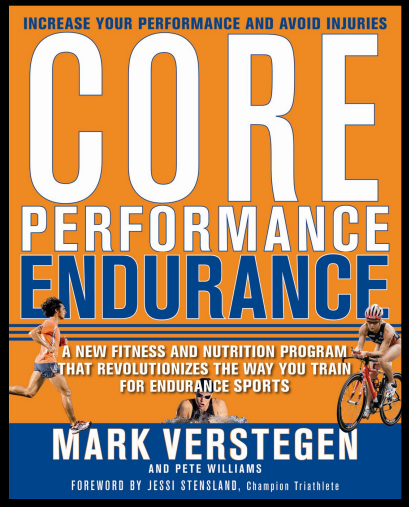
# Regeneration & Recovery

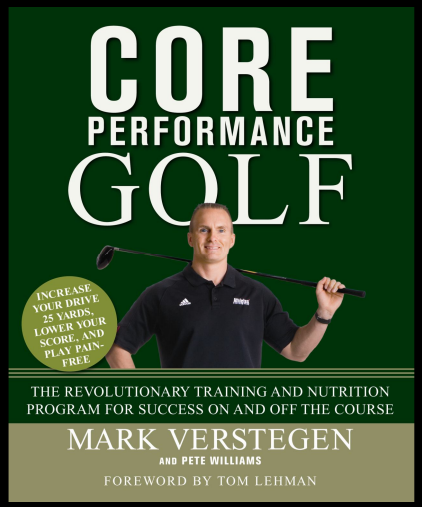


# To Learn More…



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