

2019 Offseason



Introduction

Dear Athlete,

OUR MISSION is to develop your strength and speed through exercise that is transferrable to sport performance. We do this by implementing methods that are time tested and are specific to your goals. We stay away from the gimmicks that look flashy but gain no results. PSA invites you to experience firsthand why our athletes dominate every game and sustain this ability throughout the season. We welcome you to our program and are eager to assist you in achieving athletic excellence this off-season.

This booklet is designed to guide you through our entire program. PART 1 will familiarize you with our program's components and philosophy. PART 2 of this booklet includes detailed protocols that you are required to follow throughout the program and can implement throughout the season. PART 3 includes checklists you may use as tools to stay consistent in your daily tasks, legal forms we require you to fill out and graphs to track your progress throughout the program. Any technology such as Apple Watch, HR Monitors, etc. you wish to use to assist you is encouraged as well.

The main goal of our program is to take your game to the next level, helping you find a new gear you may not know you had and go into your season feeling your best. PSA takes great pride and responsibility in working with our athletes and it is rewarding for us to see players we work with advance to higher levels, create new opportunities for themselves and reach unimaginable heights. It is important to mention that PSA is a family and any one of our athletes will tell you; once you become a part of it, you join a network of support and accountability. We all hold each other to a high standard and push one another to do better and work harder every day. People question why we get such great results and the truth is that our training environment does a lot of the work for us.

Sincerely,

Josh Fontana

Strength Coach, Founder

Pure Strength Academy

2019 Offseason



PART 1

PSA Training Philosophy

- Based on the metabolic and biomechanical demands of football position
- Prepare physically and mentally to respond to whatever comes your way
- Injuries, training experience, lifestyle, fitness level and timeline are crucial factors to us
- Programming is individualized
- Exercise selection is based on your needs and what will get you to your goals in the time you have with us

Strength Protocol

- ↔ Our assessment will identify your strengths and where you need improvement
- ↔ Become proficient in movement patterns that will strengthen your ability on the field
- ↔ We focus on weaknesses so you can become a resilient and symmetrical athlete
- ↔ Work on mobility, joint health, stability and range of motion on a daily basis
- ↔ Transferable strength and power increase from in the gym to on the field
- ↔ Learn how to take care of your body throughout the season to prevent injury and stay fresh

Nutrition

- ✗ Headed by Dallas Skopeleanos (C.NP), specializing in sports performance and optimization
- ✗ Personal protocol and guidelines based on our nutritional intake pertaining to lifestyle choices and habits
- ✗ Monthly follow up and assessment
- ✗ Learn recipes that work with your budget and schedule
- ✗ We help you develop habits that promote long-term healthy eating and food choices

We are very serious about how our athletes fuel their bodies as it relates directly to recovery and performance. Nutrition is one of the most overlooked variables in a training regiment and we make sure to educate our athletes on the link between nutrition and optimal performance.

Speed

- ↪ Develop proficiency in running form
- ↪ Technical breakdown and video feedback
- ↪ Increase your linear and lateral quickness
- ↪ Training methods are proven and honed tremendous results for several elite athletes

Recovery

- ⊕ Protocol to guide you through self recovery methods
 - ⊕ Each session begins and ends with an in-depth warm-up and cooldown
 - ⊕ Recovery equipment on site
 - ⊕ Access to sports specific practitioners (chiropractic, massage, rehabilitation)
- **may use your benefits****

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You are You're Investment

What do professional athletes such as James Harrison, LeBron James and Jaromir Jagr all have in common? They know the most important investment they can make is on themselves because their income and longevity as professional athletes depends on overall health and performance. 38 year old NFL powerhouse James Harrison spends over \$350,000(US) a year on his body, while NBA legend LeBron James dishes out roughly \$2 million (US) annually. Jaromir Yagr, 22 year NHL veteran and oldest player in the league told the New York Times that he began doing 1,000 squats a day at age 7. To date, he has played more than 2,000 games in 22 NHL seasons and has Florida Panthers Strength Coach, Tommy Powers, on speed dial because he is known to train harder than any of his teammates and at all hours of the day and night... I wonder how he's lasted so long? These are all super-elite athletes who can clearly afford this lifestyle, but the point is look at any athlete who has had a long, successful career and you will find that they worked hard to build their stardom and knew the time, money and effort spent on themselves would come back tenfold.

At PSA we want our athletes to know that we will go the extra mile for them if they are willing to push that extra mile themselves. Our philosophy is that "every day is an opportunity to be better than the last." The PSA Offseason is designed to mentally break athletes and challenge them to overcome limitations and progress in mental and physical toughness. Imagine looking up a 50 foot wall knowing glory awaits on the other side, but only if you can endure the steep, rough climb. The PSA Offseason is the 50' wall and the athletes that get over it reap tremendous physical and mental benefits.

How can I get the most out of training with PSA? The answer is simple; follow the program and work your ass off. We have dedicated a great deal of time and money researching and testing various training, nutrition and recovery methods and formulated the PSA Offseason based on our most effective findings. We are always here to answer your questions, keep you accountable and help you stay on track but at the end of the day, this is your future and you have to want it for yourself more than we want it for you. The word athlete is not given to a person who plays sports, it is earned by individuals who live a lifestyle of discipline, dedication and focus in the pursuit of athletic achievement. This means consistently performing tasks that benefit the overall goal including the little things like eating properly and getting a full-nights sleep. You are you're investment. Equip yourself with the necessary tools and characteristics to consistently be a team contributor and outperform your opponent and your value will increase.

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Elite Athlete Package

PLEASE INQUIRE FOR PRICING

- 🚶 Movement Screening & Testing**
- 🏋️ Personalized Strength Protocol**
- 🏃 Speed Training & Conditioning**
- 👥 Individual/Small Group Training**
- 🍴 Nutrition Consultations & Personalized Program**
- 🧠 Recovery Program and Resources**
- ⊕ Access to Practitioners (benefits accepted)**
- 🗑️ Post Workout Protein Shakes**
- 👕 Athletic Gear**

Program Length 16 Weeks