



WHAT'S NEXT ?

Having both experienced performance coaches and Doctors of Physical Therapy in-house, we have the unique ability to create personalized and curated services for your team that maximizes movement and performance while reducing the opportunity for injury. We are passionate about making the best possible athletes; review our services and see lets work together to help take your team to the next level!

IMPROVED PERFORMANCE | EXPERT COACHING | IMPROVED
CONFIDENCE | INJURY REDUCTION | TRAIN SMARTER & SAFER |
RESULTS DRIVEN | INDIVIDUALIZATION | AFFORDABLE |
COMMUNITY



CONTACT

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INTERESTED	SERVICES	DESCRIPTION
<input type="checkbox"/>	Injury Reduction Protocol: Warm Up	Tailored warm-up protocols designed to optimize flexibility, reduce injury risk, and boost overall athletic readiness. Developed in collaboration with expert doctors of physical therapy, our protocols ensure your athletes start every game or training session at their peak potential
<input type="checkbox"/>	Physical Therapy Screens	Our comprehensive physical therapy screens provide a thorough assessment of movement patterns, strength, and flexibility to identify areas of limitations and imbalances that lead to performance 'leaks'. Led by our skilled doctors of physical therapy, these screens are personalized to each athlete's needs, helping them achieve peak performance and reduce the risk of injury
M <input type="checkbox"/> N <input type="checkbox"/>	Mental &/or Nutritional Performance	Elevate your mental and nutritional performance with our specialized programs. Our experts work closely with athletes to develop tailored strategies that optimize focus, mindset, and overall well-being. From personalized nutrition plans to mental resilience training, we empower athletes to achieve their peak performance both on and off the field.
<input type="checkbox"/>	Team Virtual Programming	Bring the Direct Performance Program to you with our Virtual Training option. Designed for in-season training this program can help any athlete take their game to the next level. Using our Team Buildr App, you will be able to track your progress and communicate with our top of the line performance coaches.
<input type="checkbox"/>	In-Season Team Performance & Recovery Classes	Experience unparalleled performance gains with our tailored training sessions at your training location or ours. Led by our skilled professionals, our sessions are designed to enhance strength, speed, agility, and endurance; tailored to your specific sport and goals. We also offer mobility and recovery classes for your team.
<input type="checkbox"/>	Clinics/ Education for Coaches, Parents, or Athletes	Maximize your in-season performance with our targeted clinics. Led by experienced professionals, these sessions focus on optimizing physical conditioning, injury prevention, injury triage, recovery strategies, and more; all tailored to the demands of your team.
<input type="checkbox"/>	Individual Developmental Plan	Testing every aspect of your athlete's athleticism to determine the most effective programming for them. The evaluation is designed to identify your athlete's weaknesses and clearly show how to turn them into strengths.
<input type="checkbox"/>	Other	