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# SERVICES

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## PERFORMANCE COACHING

£2,5k per week	<b>Training Camps</b> Off-season, Rehabilitation, Combine Prep, Fight Camps (Small groups - full squad)
£50k per year	<b>Individualised Coaching</b> Speed, Power, Strength, Movement, Rehabilitation, Technical (1 - 1 & small groups)
£25k per year	<b>Hybrid (Remote)</b> Performance, Planning, Data Analytics, Management, Legal

## MEDICAL & WELLBEING

£2,5k per week	<b>Physiotherapy</b> Diagnosis, Treatment, Medical Screening, Massage
£40k per year	<b>Health Management</b> Medical, Lifestyle, Psychology, Nutrition, Recovery
£15k per year	<b>Personal Development</b> Mindset, Purpose, Spiritual Transformation

## TESTING & ASSESSMENT

£1000	<b>Sprint Assessment</b> Video Report, Technical Analysis, Training Programme
£750	<b>Performance Diagnostics</b> Speed, Power, Strength, Reactivity, Change of Direction, Movement Quality
£500	<b>Physiological Assessment</b> VO <sub>2</sub> max, Body Composition, Blood Profile, Anthropometrics, Nutrition, Lifestyle

## REPRESENTATION

3%	<b>Management Services;</b> Intermediary Services, Contracts, Career Planning, Legal
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# PERFORMANCE SESSIONS

£500	<b>Performance</b> Speed, Power, Strength, Movement, Mobility, Warm Up, Technical
£500	<b>Physiotherapy</b> Diagnosis, Treatment, Medical Screening, Rehabilitation
£500	<b>Psychology</b> Profiling, Planning, Accountability, Communication, Behaviours, Balance
£500	<b>Injury Screening</b> Force Diagnostics, Movement Analysis, Physiological Readiness
£300	<b>Nutrition</b> Assessment, Consultation, Report
£200	<b>Massage</b> Sports Massage, Recovery, Relaxation
£100	<b>Independent Advice</b> Legal, Contract, Business, Management, Injury, Performance, Counsel

# LABORATORY TESTS

£300	<b>Force Plate Diagnostics</b> Strength, Power, Reactive Strength, Symmetry
£300	<b>Isokinetic Dynamometry</b> Peak Torque, Time to Peak Torque, RFD, Symmetry
£300	<b>Environmental Acclimation</b> Heat, Humidity, Altitude (Simulated)
£300	<b>VO<sub>2</sub> Max</b> Treadmill, Bike, Rower, Environmental Testing
£300	<b>Lactate Profile</b> Lactate Threshold, Lactate Turn Point, Training Zones (HR)
£200	<b>Body Composition</b> Fat Mass, Fat-Free Mass, Body Water, Skeletal Muscle Mass
£100	<b>Psychological Profile</b> Traits, Drivers, Blind Spots, Strengths