

START
HERE

BioMechanical
Testing

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Advanced Care
If Necessary

1

Capacity

Build Neuromuscular patterns that support Optimal movement through appropriate sequence of muscle innervation. This will help improve the quality of muscle tissue and help increase its loading capacity.

2

Endurance

Once Proficient Patterns are Established we must increase the tissue's resistance to fatigue. Competition Requires high intense efforts and can result in fatigue. The majority of preventable athletic injuries occur during points of fatigue, so it is very important that our athletes can maintain outputs throughout the duration of a game and reduce risk of injury.

Performance
Testing

4

Power

Our most important Performance Factor for high level athletes. You must be explosive! In order to be explosive consistently you must master the first 3 stages of our training program in order for you to adequately recover from power based efforts and maintain the level of intensity needed to perform at a high level. Power is developed by increasing the rate force is developed.

3

Strength

Is a key factor in performance and must be emphasized during training to increase the force produced by muscle contraction. Helps to increase the strength of our bones and other soft tissue (Tendons & Ligaments). Increases our daily calorie expenditure and maintains appropriate body composition. Strength is vital aspect of all short and intense energy outputs, and the foundation of all athletic qualities. Strength also helps to reduce the risk of injury.

Boothby
CARE
Model