

Total Performance Package

\$900

Increase your athletes' performance in as little as 3 weeks.

How Does it Work?

Step 1: Click "Buy Now"

- After purchasing, we will email you detailed instructions

Step 2: Record and submit your practice video (up to 2hrs)

Step 3: Schedule and attend your virtual coaching session

Step 4: Implement our feedback over the next week of practice

Step 5: Record and submit your final day of practice

Step 6: We will send you your results within 7 business days.

What are The Requirements?

1. You must be "in season" **with at least 3 weeks of practice available**.
 - **DON'T** buy the program if you only have 2 weeks of practice available.
 - Total amount of practice days required 5 - 7
2. Total time commitment **outside of practice** is 1.5hrs across 3 weeks
3. You must have a way to record your practice. (Camera iPad, phone, tripod, video storage, etc.)

