

# Total Performance Package

\$900

## What is it?

The Total Performance Package is a hybrid coaching program designed to maximize game-day performance.

In this program, coaches work one-on-one with a performance coach over the course of approximately 4–8 weeks. You'll submit practice footage and drills for review, combined with weekly virtual coaching sessions focused on helping you get the most out of your athletes.

Each program is fully customized to your needs, with weekly plans tailored to your team and goals.

## How does it work?

1. Purchase the program by clicking **"Buy Now."**
2. A coach will contact you within 24 hours of your purchase.
3. Schedule and attend your introductory meeting to discuss your goals and build a tailored plan.

## What are the requirements?

- You must be "in season" **with at least 4 weeks of practice available.**
  - **DON'T** buy the program if you only have 3 weeks of practice available.
- Total time commitment **outside of practice** is 4-5hours across 4–8 weeks. Or until performance improves.
- You must have a way to record your practice. (Camera iPad, phone, tripod, video storage, etc.)