

TRAINING PRICING INFORMATION



**8 Week Program:
\$5,400 (\$675 per week)**

**Each Additional Week:
\$600**

Evaluations:

- Elite Performance Training
- Functional Movement Screening
- Video Analysis

Recovery:

- Game Ready Recovery
- HydroWorx
- Warm Whirlpool
- Cold Whirlpool
- Sauna
- Cryotherapy (2 times a week)

Other Services Offered:

- Massage **\$190.00** per week (2 sessions)
- Position Specific Training **Upon Request**
- Full Service Medical **\$500** per week
 - Orthopedics
 - Full Service Physical Therapy



TRAINING SCHEDULE



Weekly Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30						
8:00	Therapy	Therapy		Therapy	Therapy	
8:30	Accerlation	Accerlation		Accerlation	Drills	
9:00	Teach/Rehearsh	Teach/Rehearsh	Therapy	Teach/Rehearsh	Footwork	
9:30	Stance-start	Punch/Drive Phase	Lateral Movement: L-Drill	Max Velocity	Active Recovery	
10:00	10yd-	Loaded		Top-End		Optional Recovery
10:30	Strength			Strength		Strength
11:00	Upper/Hip	Film/ Teaching		Upper/Knee	Film/ Teaching	Upper/Lower
11:30			Lunch			
12:00						
12:30	Lunch	Lunch		Lunch	Lunch	
1:00						
1:30						
2:00	Lateral Movement: Short Shuttle	Strength Plyometric	Recovery	Strength Plyometric	Position Drills 1 on 1 Speed Work	
2:30						
3:00						
3:30						
4:00	Therapy	Therapy	Therapy	Therapy	Therapy	



HOUSING / MEALS



Courtyard Marriott: On Site

601 Baptist Drive, Madison, MS 39110

- 1 Bedroom **\$6,944** (8 weeks)



Hilton Garden Inn: 0.6 miles (Breakfast)

320 New Mannsdale Rd, Madison, MS 39110

- 1 Bedroom **\$6,160** (8 weeks)

- Full Service Breakfast **\$11** a day



Home 2 Suites: 4.0 miles (Breakfast)

526 Evergreen St., Ridgeland, MS 39157

- 1 Bedroom Suite **\$5,216** (8 weeks)



Residence Inn: 6.4 miles (Breakfast)

855 Centre Street, Ridgeland, MS 39157

- 2 Bedroom Suite **\$7,663** (8 weeks)

- 1 Bedroom Suite **\$6,118** (8 weeks)

Meals: Weekly Meal Card

- 10 Meals **\$250**

- 15 Meals **\$375**

