

FAQ'S MENTORSHIP

1. What airport do I fly into?

Tempe, AZ – Phoenix - Sky Harbor (PHX)
Carson, CA – Los Angeles (LAX), Long Beach (LGB)
Gulf Breeze, FL – Pensacola Regional Airport (PNS)

2. Do you provide accommodations/transportation?

Athletes' Performance does provide hotel accommodations for Sunday – Thursday nights. Transportation is provided from the hotel to the facility and discounted rental car rates are available upon request.

3. What are the directions to the facility?

Directions to each facility can be found on our website, www.athletesperformance.com and clicking on 'Contact'. Click on the facility you are attending for directions.

4. Is food included in the program?

Lunch is provided Monday - Friday. The Arizona location offers the option to purchase breakfast at the facility as well.

5. Is the Mentorship Program approved for Continuing Education Units (CEUs)?

Yes. Athletes' Performance Mentorship Programs are approved for CEUs through NSCA, NATA-BOC, NASM and ACE. Contact Athletes' Performance for the exact amount of CEUs for each program.

6. Does Athletes' Performance provide a certification?

Athletes' Performance does not have a certification program. However, each participant will receive a certificate of completion.

7. What do I need to bring?

Bring plenty of training clothes (shorts, t-shirts) and training shoes for each day, including bathing suits for the cold plunge pool.

8. What is your refund policy?

If Athletes' Performance cancels or changes the date of an event, a refund of the registration fee will be provided to any participant who is unable to attend the rescheduled event or another equivalent event. Participants may cancel their reservations at any time, but cancellations made within 60 days of a scheduled event will be subject to a cancellation fee equal to 20% of the program fee.

CONTACT:

education@athletesperformance.com
480.449.9000

WWW.ATHLETESPERFORMANCE.COM/EDUCATION

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MENTORSHIP
EDUCATION PROGRAMS
2009

SINCE ATHLETES' PERFORMANCE opened in 1999, strength and conditioning coaches, athletic trainers, physical therapists and personal trainers have asked how they could undergo the same training and programming that the Athletes' Performance elite athlete clientele uses. The Professional Mentorship Training Program meets this request, allowing industry professionals to immerse themselves in Athletes' Performance methodology and gain hands-on practical experience in the application of these systems.

PROGRAM DATES:

Phase 1

ARIZONA

March 23-27

April 27-May 1

November 9-13

FLORIDA

June 1-5

July 27-31

August 17-21

December 7-11

LOS ANGELES

June 22-26

October 12-16

Phase 2

ARIZONA

March 30-April 3

November 16-20

LOS ANGELES

September 14-18

Phase 3

ARIZONA

April 6-10

October 19-23

December 14-18

PERFORMANCE MENTORSHIP:

Phase 1: An introduction to Athletes' Performance methodology through theoretical and applied learning.

Phase 2: Continues development of world-class coaching skills with advanced methodology and progressions.

Phase 3: Provides a complete management system for the professional to assess, evaluate, prescribe and deliver high performance programming.

"All Trainers and Coaches could benefit from this training. The quality and professionalism of the trainers cannot be matched. The coaches that train the best professional athletes in the world are the same coaches that run the mentorship program. Bottom line - it will be the best training you will ever attend."

- Woody Cox, Vice President, Pro Sports Club, USA

"Coaches...If you want to improve your game don't miss a week at Athletes' Performance. The staff at Athletes' Performance are the BEST GROUP of professionals I've ever been around!"

- Terry Butts, Owner, Strength and Endurance Performance Institute, USA

"This was the most incredible professional experience I have had in over twenty years in the field."

- Christian Thompson, President, Evolutions Inc., USA

TOPICS INCLUDE:

- Athletes' Performance Methodology
- Functional Movement Screen
- Pre-Hab & Pillar Strength
- Plyometrics
- Acceleration
- Absolute Speed
- Multidirectional Speed
- Strength & Rotary Power
- Energy System Development
- Regeneration
- Nutrition

EACH PARTICIPANT IS PROVIDED:

- 5 Night Hotel Stay (Sun – Thurs)
- 5 Meals during the week: Lunch only
- Post-workout EAS shakes
- Survival training bag to include apparel and useful training equipment

MENTOR PROGRAM COST - \$2,500

Customize your mentorship experience by bringing the Athletes' Performance team to you. For more details contact Athletes' Performance today!

CEU ACCREDITED:

NSCA, NASM, NATA-BOC, ACE