



PROFESSIONAL MENTORSHIP TRAINING AND EDUCATION PROGRAMS



The Athletes' Performance Professional Mentorship Training and Education Program reaches new levels in 2008 with an expanded offering, including new programs, more dates and additional locations.

Athletes' Performance created the Professional Mentorship program to meet the needs of strength & conditioning coaches, athletic trainers, physical therapists and personal trainers who have asked how they could undergo the same training and programming that Athletes' Performance uses with its elite athlete clients. During select weeks throughout the year, Athletes' Performance opens its doors to professionals from the field of sports performance for a 1-week intensive, learn-by-doing experience. This is an incredible opportunity to learn from the world-class staff at Athletes' Performance in facilities that are second to none.



PROGRAM BENEFITS

Mentorship Description:
Topics include, but are not limited to:

- AP Methodology
- Functional Movement Screen
- Pre-Hab & Pillar Strength
- Plyometrics
- Acceleration
- Absolute Speed
- Multidirectional Speed
- Strength & Rotary Training
- Energy System Development
- Regeneration
- Nutrition

PROGRAM DETAILS

AP will provide each participant:

- 5 Meals during the week:
Lunch Monday-Friday
- Post-workout EAS shakes
- Complete take-home course guide
- Survival training bag to include apparel and useful training equipment

MENTOR PROGRAM COST - \$2,500

- Discounted hotel rates available
- Airfare not included
- Registration is on a first come/first serve basis



Education will emphasize learning techniques by actually performing them - **THIS IS NOT AN OBSERVATION-ONLY EXPERIENCE**

This experience can be as physically challenging as you would like. All AP requests is that you participate to learn. This is not a "get in shape" week, but a learning experience that will be enhanced by your participation.

Please note - Athletes' Performance reserves the right to limit entry to the program at its discretion, and to remove any participant whose participation is deemed to be detrimental to the group learning experience.

For more information on this program, or to reserve your spot, please contact:
education@athletesperformance.com
480.449.9000 ext. 107

2008 SCHEDULE: ATHLETES' PERFORMANCE PROFESSIONAL MENTORSHIP TRAINING & EDUCATION PROGRAMS

PHASE I

Arizona:

An introduction to Athletes' Performance methodology through theoretical and applied learning

March 17-21 | April 21-25 | May 19-23 | June 9-13 | August 18-22 | September 8-12
October 20-24 | December 1-5

Florida:

March 10-14 | September 15-19 | October 13-17

Los Angeles:

April 14-18 | August 25-29 | November 10-14

PHASE II

Arizona:

Continues development of world-class coaching skills with advanced methodology and progressions

April 7-11 | June 2-6 | October 6-10

PHASE III

Arizona:

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

May 12-16 | Sept 22-26

PHASE I* For Rehabilitation Specialists

Arizona:

An introduction to Athletes' Performance methodology through theoretical and applied learning

November 3-7

Florida:

May 5-9 | July 21-25

Reserve Your Spot Now!

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Athletes' Performance is recognized as an industry leader offering the highest level of integrated performance training and performance physical therapy and the most fully integrated training system in the world. Its systems have helped to produce the best of the best in sport: Green Jacket winners, Grand Slam Titles, World Series Winners, Stanley Cup Champions, Super Bowl and NBA Champions, Olympic Gold Medalists, World Cup medalists and All-Stars from every major sport.

* Program Benefits and Program Details for Mentorship for Rehabilitation Specialists varies from that of the Professional Mentorship. Contact Athletes' Performance for further details on the Mentorship for Rehabilitation Specialists.