



## **Pinnacle and Iron Peak have teamed up to bring the best of SAQ and Strength Training to Team Sports and young athletes!**

Balancing strength-centered training with speed and agility technique, not only improves muscle response to the unpredictable movement of an athlete, but also triggers the deep neurological muscular system towards increased functionality and coordination. The combination of these two principles take aim at untapped potential, injury prevention and peak performance.

**Pinnacle** ICE (Iron Peak Competitive Edge) Team Training package **add on**.

### **NUTRITION EDGE (Team)**

\$100 per team (max 20 players, \$5 for each additional over 20)

Nutrition is an important part of sport performance for young athletes, in addition to allowing for optimal growth and development. Macronutrients, micronutrients and fluids in the proper amounts are essential to provide energy for growth and activity. To optimize performance, young athletes need to learn what, when and how to eat and drink before, during and after activity. Pinnacle Health and Fitness, Certified Trainers will guide your team through the basics of what to eat and when to optimize their performance during practice and game time.

- 30 - 40 min. Lecture on best practices for young athletes (includes take home hand out)
- Body Composition measurement and assessment (go beyond the number on the scale)
  - Muscle-Fat Analysis including % body fat
  - Dry Lean Mass
  - Intracellular water
  - Extracellular water
  - Segmental lean muscle mass

- BMI
- Individual followup nutrition coaching available by appointment  
\*additional fees apply

## **SPLASH TEAM TRAINING**

\$140 per team (max 20 players, \$5 for each additional over 20)

1 hour session in our heated salt water pool with our Swim coach

Regardless of the primary sport interest, young athletes are always looking for ways to boost their performance levels and hone their skills. Blending traditional training programs with new activities to expand an athlete's skillset is not a new concept (we have all heard of the football players who turn to ballet lessons to become lighter on their feet). One of the best kept training secrets, however, is the pool. Incorporating swimming into your training program provides countless benefits and can give you an edge over your competition.

Swimming builds lean, long, and strong muscles, while weight training develops shorter, dense muscle groups. Blending the two types of training will give your body a balanced strength and increased joint flexibility. With each stroke, you expand your range of motion through the shoulder joint, torso, and hips. For athletes who require rotational motion, such as throwing, this increased flexibility will certainly up your game.

Additionally benefits include:

- Increased Lung Capacity - the key to swimming is breath control. The most successful athletes are able to effectively recover their heart rate after a sudden spike, such as after a full sprint down the field.
- Injury prevention - In comparison to high-impact sports, swim training can protect the joints and muscles easier because of the body's buoyancy in water
- Reduced Recovery time -Swimming, especially in a heated pool, after an intense workout flushes the muscle-tightening toxins and shortens muscle recovery time.

## **STRONG YOUNG ATHLETE (individual and small group)**

- Individual one on one training \$900 (3 month payment plan available) \*no membership requirement, available only to Iron Peak Youth Athletes.
  - 3 month program - 2 x 1 hour sessions per week (20 session max).
- Small group - \$600/per person (3 month payment plan available) \*no membership requirement, available only to Iron Peak Youth Athletes.

Weight training/strength based training - Individual or small group - compliment your SAQ training at Iron Peak with our Weight training program specifically designed for the young athlete.

At Pinnacle we offer in depth personalized programming for the athlete in conjunction with communication/working with trainers from Iron Peak. We work on weaknesses as well as strengths to create a superiorly equipped and complete individual athlete. This is not a one size fits all approach. This is to make you the best athlete YOU can be with programming specifically designed for YOU and what you need to work on as an individual for your sport. This is the homework to make you bigger, faster, stronger, better! This is where greatness is made.