



Development sports performance programs

Are you ready to take your technique to the next level? **CHRISTUS Institute for Healthy Living** offers development sports performance training packages for young athletes. We will train you on proper mechanics and movements, teach you how to get stronger and faster and coach you on taking your game to the next level.

For athletes ages 12 to 14

You'll receive:

- A free t-shirt
- Sport specific assessment and training protocols
- Body composition testing

60 minute training sessions

Focused on:

- Movement preparation
- Movement development (technique)
- Power and strength development
- Energy system development

Small group training prices

- One session - \$15
- Eight session package - \$80

One on one training packages

- One session - \$25
- Five session package - \$100
- 10 session package - \$200

For more information, call
903.323.6507 or email us at
ihealthyliving@christushealth.org



Advanced sports performance programs

Are you a high school athlete looking to up your game? **CHRISTUS Institute for Healthy Living** offers advanced sports performance training, tailored to YOUR specific goal. If you want lean muscle mass, increased strength, greater speed or higher jumps, our programs are personalized for YOU!

For athletes ages 15 to 18

You'll receive:

- A free t-shirt
- Sport specific assessment and training protocols
- Body composition testing

60 minute training sessions

Focused on:

- Movement preparation
- Speed and change of direction development
- Power and strength development
- Energy system development
- Recovery

Small group training prices

- One session - \$15
- Eight session package - \$80

One on one training packages

- One session - \$25
- Five session package - \$100
- 10 session package - \$200

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Tennis performance training and tennis fitness combine

Are you ready to take your tennis skills to the next level?

CHRISTUS Institute for Healthy Living offers tennis training and testing to athletes in the area. You will work with ITPA certified trainer, Julie Caswell, to build endurance and strength, increase speed and agility and prevent injury. Off the court, Julie can assess your current tennis fitness levels and help you become a better player on the court!

For more information, call **903.323.6507** or visit us at ihealthyliving@christushealth.org

For athletes ages 12+ tennis fitness combine

- \$25- 14 different tests with evaluation, feedback and results

60 minute training sessions focused on

- Movement preparation
- Power, strength and energy system development
- Speed and change of direction development
- Recovery

Small group training prices

- One session package - \$15
- Eight session package - \$80

One-on-one training packages

- One session package - \$25
- Five session package - \$100
- 10 session package - \$200

Your health. Your life. Our purpose.

 **CHRISTUS**[®]
Human Performance Center

KOVACS Institute Combine

Julie Caswell, ITPA certified tennis performance trainer

Reasons for testing

- Determine strengths and areas for improvement
- Determine baseline levels of different physical parameters -> future comparisons
- Allows for accurate goals to be set
- Ability to perform consistent and reliable follow-up testing
- Used as a motivational tool to help athletes improve
- Aids to keep athletes accountable
- Aids in helping understand athlete's potential and areas of training priorities

Testing order

- Anthropometric – height, weight
- Flexibility (upper and lower body)
- Coordination
- Speed and agility (linear speed, lateral speed and agility, multi-directional agility)
- Power tests (jumps, rotational, upper body)
- Tennis specific anaerobic
- Aerobic capacity

14 tests in all! Results are recorded and athletes receive feedback and tips for improvement.