

STRENGTH & CONDITIONING SUMMER PROGRAM



PACIFIC COAST
ATHLETIC CLUB
WHERE ALL ATHLETES COME TO TRAIN



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01/ PROBLEM

- Prevalence of Injuries
- Strength Deficiencies
- Cookie Cutter Training Programs
- Insufficient Training Knowledge
- No Off-Season for S&C
- Poor Eating Habits
- Limited Range of Motion
- Inefficient Movement Patterns



02/ SOLUTION

- Assemble Team of Certified Professionals
- Holistic Training Approach
- Customized Athletic Programming
- Emphasis on Educating Athletes
- Monitor Player Progress
- Create New Culture



03/ PERFORMANCE TESTING

- Baseline Measurements
- Force Plate Metrics
- Skeletal Muscle Mass
- Basal Metabolic Rate
- Test Range of Motion
- Identify Movement Deficiencies
- Measure Progress



04/ NEXT LEVEL TRAINING

- Customized Exercise Programming.
- Target & Correct Deficiencies
- Reach your full potential physically and mentally.
- Prepare your body for the demands of sports
- Build Confidence
- Protect yourself from injury
- Recover Quicker



05/ PEAK STRENGTH & POWER

- Ground Force
- Explosive Hips
- X Factor Core Strength
- Scap Loading
- Lateral Movement
- Stable & Balanced Loading
- Hand/Wrist Speed



06/ELITE SPEED AND AGILITY

- Explosive First Move
- Efficient Striding
- Timing & Decision Making
- Glove to Hand Transfer
- Lateral Drive
- Change of Direction Mechanics



07/ CERTIFIED NUTRITION

- Pre-Workout, Pre-Game Meals
- Post-Workout, Post-Game Planning
- Muscle Growth
- Safe Supplements
- Meal Strategies
- Anti-inflammatory Foods



08 / THE TEAM



Eric Mirich
PCAC Owner



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John Urena

Sports Performance Coach



Coach Vee
Speed Specialist



LIMITLESS
NUTRITION



Leah Tsui

Registered Dietitian
Nutritionist



QUANTUMTM

Dr. Ruben Gonzalez

PT, DPT
Director of Physical Therapy



09/ SCHEDULE & PRICING

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Strength & Power	Assessments & Nutrition	Strength & Power	Speed & Agility	Strength & Power

Single Day Drop-In	5 Days	10 Days	15 Days
\$55	\$260	\$475	\$655

Membership Discount	1 Month Unlimited *Take Home Training Program **Free 30min Cage Rental	2 Month Unlimited *Take Home Training Program **(2) Free 45min Cage Rentals
10%	\$875	\$1650

