

YOUR COACH

Ian Jeffreys MSc, CSCS*D, NSCA-CPT*D, ASCC

Ian Jeffreys is acknowledged as a worldwide authority in developing athletes and athletic performance.



Over the last few years he has presented internationally on numerous aspects of performance enhancement, and has had more than 25 articles published in the world's leading peer reviewed Journals. He is the author of "Total Soccer Fitness" and his second book "The Coaches Guide to Recovery" has been accepted for publication. He has also contributed three book chapters to world renowned publications.

This reputation was emphasised when he was voted the National Strength and Conditioning Association's High School professional of the year in 2006, the world highest accolade for coaches working with development athletes.

Ian has worked with numerous international athletes, and teams, helping hundreds of athletes maximise their athletic potential.

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PROGRAMME COSTS

The Elite Academy consists of 3 ten week training blocks that coincide with the school terms.

Bronze package 2 sessions per week	£350
Silver package 3 sessions per week	£450
Gold package 4 sessions per week	£600
(Includes full assessment package)	

All-Pro Performance provides the finest performance enhancement systems available. It seamlessly integrates the best systems from around the world into programmes that consistently deliver peak performance. Delivered by world renowned authorities it has training, educational and consultancy packages available for all levels of performance from beginners through to professionals.

THE ELITE ACADEMY

MAKING THE BEST BETTER



TRAIN LIKE THE PRO'S & MAXIMISE YOUR POTENTIAL

THE ALL-PRO ELITE ACADEMY

“Tomorrows champions will be athletes.”

In all sports, a common trend is that players are becoming better athletes. In order to reach the top, simply playing the sport is simply not enough. Tomorrow's winners will need a scientifically based programme that develops the athleticism and conditioning needed to be a “Champion



Athletes enrolling at the Elite Academy will undertake a cutting edge programme of conditioning that will optimally develop all aspects of fitness. Using the very same systems used by the Pro's and delivered by top class coaches, Elite academy athletes are giving themselves the best chance of reaching their full potential. Available in a number of training packages, The Elite Academy programme delivers coaches training sessions utilising a host of different training techniques, all designed to maximise athletic performance.



All-Pro performance Elite Academy athletes will always be at the forefront of performance and will give themselves a clear advantage over the opposition.



THE PROGRAMME

Elite Academy athletes will be trained utilising the groundbreaking “Performance Training System” which ensures that sport specific performance will be maximised

Performance stability and activation Stability and Muscle Activation provide the base around which to minimise injury potential and maximise muscular performance

Performance Movement Performance movement ensures that speed and agility are maximised in actual competition. By ensuring movement patterns are developed, game performance can be maximised

Performance Strength this provides the sport specific strength form which to out muscle opponents and maximise movement and power performance, whilst reducing injury risks.

Performance Power Performance power provides the tools to out-power opponents, and maximise performance.

Performance Endurance Outlast opponents and perform to the final whistle

Performance Regeneration This ensures the maximal gains from training are elicited by optimising recovery on a multi-dimensional basis.

Performance Preparation Using the latest research, Performance Preparation ensures that athletes preparation for performance is optimised, enabling the maximum gains from training, and peak performance in competitions.