



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 leading peer reviewed Journals. He has also contributed three book chapters to world renowned publications and has had two books published in the US. 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 developing 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 Future Champions programme runs in ten week blocks during school terms. Costs are based on the number of weekly sessions attended.

1 session per week	£50
2 sessions per week	£90
3 sessions per week	£125

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 BEST ATHLETE DEVELOPMENT PROGRAMME AVAILABLE



**TRAIN LIKE THE PRO'S &
MAXIMISE YOUR POTENTIAL**

“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. Tomorrows champions need a scientifically based programme that develops the athleticism and basic skills needed to be a “Future Champion”

“Future Champions” is a groundbreaking system that ensures that tomorrows champions have both all of the required skills, physical conditioning and psychological skills to enable them to maximise their potential. Based on extensive research into optimal performance development, this is the first time that this research has been integrated into a development programme, that addresses all of the key elements of performance.



Combining the best elements of skills training, physical conditioning and psychological development, Future Champions is unique. This programme will produce the athletes of tomorrow. By working on critical ages of physical development, and combining this with the underlying physical skills it ensures that each athlete develops all the skills to excel at sport and to enjoy a lifetime of physical activity. This programme utilises the best systems from around the world and integrates these into what will become the future standard for athletic development



THE PROGRAMME

THE Future Champions programme is based on four key stages each with their own aims and objectives, and each using specific methods to achieve these aims

Ages 8 & 9 Fundamentals

This builds an extensive base of multi-lateral physical and movement skills, allowing performance development in a range of disciplines and sports. The fundamental key skills of all sports such as catching, throwing, kicking, running, multi-directional movement, batting, balancing etc are addressed, in a fun environment. Athletes who do not possess these skills are at a distinct disadvantage later in their careers

Ages 10 & 11 Athletic Formation

This stage introduces more sport specific applications of the fundamental physical literacy skills, along with the development of appropriate physical conditioning, focussing on stability and movement control. Skills developed at this age transfer well to future performance.

Ages 12 & 13 Athletic Development

This phase works on the athletes skills in a range of sports, and develops a solid base of physical conditioning which addresses strength, stability and movement control. This stage forms the basis of later training.

Ages 14 & 15 Athletic Performance Formation

This phase works specifically on an athlete's physical and psychological conditioning as it relates to their sport, and is the start of the true competitive phase. Appropriate methods are introduced which ensure that strength, stability movement and power are appropriately addressed.