



# ATHLETIC PROFILE

In order to achieve optimum return from training or injury it is necessary to have an accurate assessment of the athlete's physical capabilities and limitations - we call this the Athletic Profile. This provides information for an accurate starting point to start the athlete on a journey to improved athleticism. This is a complete profile - not a snap shot. The profile consists of three tiers:

## Tier One - MUSCULOSKELETAL SCREEN

This step is designed to identify any potential deficiencies in the body structure that could be limitations in training or risk for injury.

## Tier Two - ATHLETIC COMPETENCY TESTS

This series of evaluations is designed to determine how the athlete performs functional movements. These functional movements are what determine the athlete's ability to move efficiently and remain injury free.

## Tier Three - PERFORMANCE INDICATOR TESTS

This step of testing actually applies the other two tests by measuring the athlete's ability to express speed, power, jumping ability and endurance.

## FINAL EVALUATION

The three tiers are combined and evaluated by our extensively trained Excelsior Sports Training staff to provide a complete profile of the athlete. It allows us to determine strength and weaknesses which in turn will provide direction for selection of training programs and most importantly give us the ability to design individualized sport appropriate programs.

***COST: \$75 per Athlete, receive a \$20 credit if you enroll in an Excelsior Sports Training Program.***

