The Athletic Performance Enhancement System was created by certified strength and conditioning coach Jeremy Hoy and Finish First Sports Performance® (finishfirstsports.com). The system, which was developed through years of experience with amateur, professional and Olympic athletes, is designed for optimal performance of all athletes. The RMU Island Sports Center is one of the few facilities in the country to offer a complete athletic performance training package, from testing and evaluation, to programming and recovery. Come and see why this is the best program for you or your athletes.

> Recommended for more experienced athletes.

**Jeremy Hoy, CSCS**  
**Director of Fitness and Performance**  
Jeremy Hoy is the founder of Finish First Sports Performance and has experience in training athletes at the professional, Olympic, college and high school level. He was a strength and conditioning coach at the U.S. Olympic Training Center in Lake Placid, N.Y., as well as for the Pittsburgh Forge of the North American Hockey League. He has tested and trained athletes from more than 30 different NCAA Division I colleges, served as a consultant to several area high schools and sports organizations, and directed speed and performance camps for hockey, basketball, football, tennis, soccer, and wrestling. He also has presented and lectured at strength and conditioning clinics hosted by the National Strength and Conditioning Association. Hoy is a graduate of Slippery Rock University’s award-winning exercise science program.
ATHLETIC PERFORMANCE TRAINING MONTHLY MEMBERSHIP > WHAT’S INCLUDED?

• Monthly Functional Movement Screen™ Assessment ($75 Value)
  An athlete performs at his/her best when the body is in balance and it is functionally sound. Athletes who do not address functional limitations or imbalances will never reach their full potential and are at a greater risk of injury. This series of tests, typically offered only to professional athletes, will measure your movement abilities, movement patterns and any mechanical imbalances. As a result, you’ll be given a specific routine of corrective exercises to repair any imbalances and restore your body’s natural balance.

• Monthly Performance Testing ($75 Value)
  This series of tests measures your specific performance skills such as speed, agility, power, strength and flexibility. Tests are chosen based on the specific sport(s) in which you’re involved, as well as your individual needs and goals.

• Customized Weekly Performance Programs ($160 Value)
  Based on the results of your Functional Movement Screen™ and performance tests, a customized weekly performance program will be designed to meet your individual goals, the needs and demands of the sport(s) you play and the time of year (in-season, preseason, etc.). Programs can be written for 2–5 days a week and begin with basic techniques and progress toward more advanced training methodologies.

• Guidance From Trainers/Coaches While Exercising ($60 Value)
  While you are exercising, you’ll receive guidance from trainers and/or coaches who understand the principles of your program and its exercise progressions. Not all athletes qualify for this type of training immediately. Some may need one-on-one or small group training with a coach until they are comfortable with the exercise techniques and performance training guidelines.

• Instruction for New Workouts/Exercises ($75 Value)
  When a new workout is designed for you, you’ll receive instruction for any new exercises or new methods that are part of your program. This is typically done every 2–4 weeks and takes about an hour. You will not get new exercises or be permitted to progress until you attend this session (at least one every month).

• Unlimited Phone Consultation ($160 Value)
  It is important that athletes, parents and coaches are on the same page in regards to performance training. So any time you, your parents or coaches have questions relating to your performance training, please call and talk to a performance coach. If we don’t have an answer to your question immediately, we’ll consult with our team of experts and get one for you.

• Monthly Recovery Assessments ($45 Value)
  One of the most under-addressed pieces of the performance puzzle is recovery. Recovery allows your body to repair and rebuild itself after strenuous workouts, and allows your nervous system and brain to perform at the highest level. Without ample recovery procedures, you may enter a state of “overtaining,” which leads to poor performance and constant fatigue. Stress, sleep and proper nutrition are the three main components of the recovery system that will be assessed on a monthly basis. We will chart, save and compare your recovery each month, and results will be factored in to your training program.

• Nutritional Guidance ($75 Value)
  Each month, you’ll be asked to complete a 3- to 10-day nutritional log in order to evaluate your current diet and how it correlates to your specific goals and recovery guidelines.

• Monthly Fitness and Performance Center Membership ($35 Value)
  A one-month membership to the Fitness and Performance Center is included during your month of training. The facility includes lockers (bring your own lock) and showers. For facility information, visit the Fitness and Performance Center.

TOTAL MONTHLY VALUE: $780
YOUR MONTHLY PRICE: $300
> YOU SAVE $360 A MONTH!