



## Athlete Testing and Analysis

14U, 15U, 16U, 18U

- Full Athlete Intake
  - Body Composition Analysis
  - Athlete Performance Testing
    - Performance Testing Performed Every 12 Weeks for Data Analysis and Individual Athlete Development and Progress Tracking
    - These tests are very similar to the one's these athletes will be exposed to at the Junior, Collegiate and NHL Combine levels
  - Every coach will have direct access to each athletes performance metrics

## Weekly Semi-Private Training

14U, 15U, 16U, 18U

- 4-5 Athletes Per Coach
  - 16 total weekly sessions for all four teams
- Monthly Training Phases
  - Phases cover general preparation, structural balance, hypertrophy, strength, power and speed development
  - Phases periodized to complement and prepare for the next phase
  - Sustainable training to be season ready and not burnt out



## Source Performance App Online Training

10U, 11U, 12U, 13U, 14U, 15U, 16U, 18U

### Athlete Access

#### Monthly Training & Nutrition Programs

- Dynamic Warm-Up's
  - Exercise Execution Videos and Pre-Set Routines
- Exercise Database
  - Exercise Tutorials and Exercise Execution Videos
- Workout Programs
  - Exercise Execution Videos
  - Workout Progress Tracker
  - Workout Scheduling Platform
  - Pre-Set Training Programs
- Static Stretching Cool-Down's
  - Exercise Execution Videos
- Nutrition
  - Nutrition Guidelines & Education
    - Workout Nutrition
      - Pre, During, and Post Nutrition
    - Practice & Game Nutrition
      - Pre, During, and Post Nutrition

### Coaches Access

- Ability to Monitor Each Individual Athletes Training, Nutrition, and Body Composition
  - Workout Tracking (Monitor in real-time each athletes workout numbers, scores, and progress)



- Workout Scheduling (See what days athletes are training)
  - Workout Progress (See what athletes are making the biggest progress and which ones are not)
  - Nutrition
  - Body fat
- Direct Access to Team Dynamic Warm-Up's, Workout Programs, and Cool-Down's to Be Hands On with Development
- Dynamic Warm-Up's
  - Exercise Execution Videos and Pre-set Warm-Up Routines
- Workout Programs
  - Workout Programs
    - Exercise Execution Videos
    - Workout Progress Tracker
    - Workout Scheduling Platform
    - Pre-Set Training Programs
  - Static Stretching Cool-Down's
    - Execution Videos
- Direct Access to Source Performance's Sports Performance Nutritional Guidelines for Training, Non-Training, Practice and Competition Days
  - Nutrition Education PDFs for Parents and Players
- Nutrition
  - Nutrition Guidelines & Education
    - Workout Nutrition
      - Pre, During, and Post Nutrition
    - Practice & Game Day Nutrition
      - Pre, During, and Post Nutrition



## Monthly Content

10U, 11U, 12U, 13U, 14U, 15U, 16U, 18U

Each month we will provide professional photography of the youth athletes' progress, workouts, or general strength and conditioning photos

Monthly "Skate and Speak" with Malcolm Gwilliam and other coaches

Discounts for supplementary private training to DYHA members

Mid point retesting and analysis for 14-18U