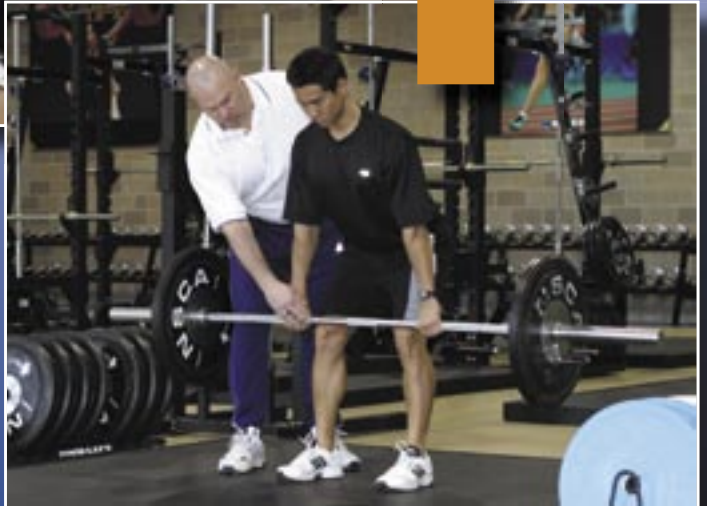


NSCA's Human Performance Center

Take your training to the next level





"The difference in our athletes on the ice, since training here (NSCA Human Performance Center) is incredible. When the other teams go in between the second and third periods, and we come out in the third period, it is incredible the feedback and comments that I get from random people saying 'How does your team do that in the third?' I reply that it's no magic, it's just that we have had an opportunity to train at the NSCA and work with Mark (Stephenson) and all the great people over there."

**Andrew Sherman, Director of Hockey and Head Coach
for the Midget Major AAA Colorado Rampage**

NSCA Mission Statement

As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.

Expert Training + Elite Athletes

= ATHLETIC SUCCESS

The National Strength and Conditioning Association (NSCA) is the world's leading authority on strength and conditioning. For 27 years, the NSCA has bridged science and application to provide reliable, research-based strength and conditioning information to its members and the general public. With nearly 30,000 members worldwide, the NSCA is the largest health and fitness association in the world.

The NSCA's Human Performance Center is a new state-of-the-art training facility dedicated to the enhancement of athletic performance for athletes of all ages, skill levels, and sports. Training at the Human Performance Center allows each individual athlete to focus on achieving optimal success in his or her respective athletic performances while avoiding distractions that are sometimes present in "typical" gym training atmospheres. Located right next the World Arena, the NSCA Human Performance Center is convenient and easy to get to.

Human Performance Center Coaches

All of our coaches are college degree exercise professionals, and Certified Strength and Conditioning Specialists® (CSCS®). The coaches strive to continue improving their knowledge and education through vigorous research and staying on top of the latest technology and approaches to sports performance techniques.



Mark D. Stephenson, CSCS, ATC, is the Head Resident Coach for the NSCA Human Performance Center. He has 15 years of experience working with elite, professional, collegiate, and high school athletes. Mr. Stephenson has worked in the private, Division I, and professional arenas. Prior to coming to the NSCA, he served as the Head Strength and Conditioning Coach for Providence College where he worked primarily with Men's Basketball and Men's and Women's Ice Hockey. Stephenson received his Bachelor's Degree in Exercise Science with an emphasis in

Athletic Training from Rhode Island College, and is currently pursuing his Master's Degree in Health Sciences.

"The partnership we have with area athletes and teams is a win-win situation. It's a win for the athletes because they get access to the best equipment and 27 years of training information available at their fingertips, and it's a win for us because we get the opportunity to apply this wealth of information first-hand, and help athletes and fellow coaches in the process. That's what the NSCA is all about." – **Mark Stephenson**, NSCA Head Resident Coach

Existing Clients

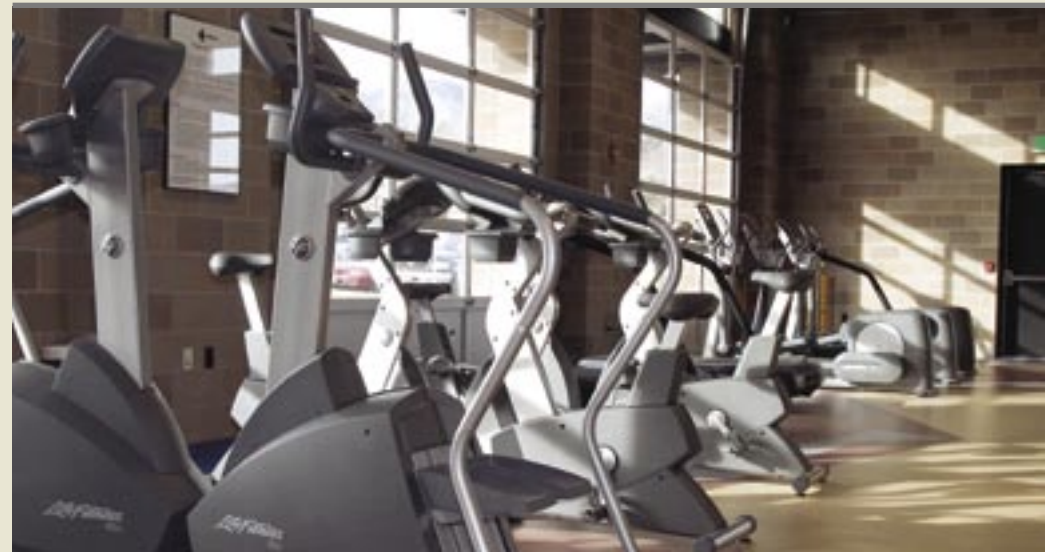
- **Colorado College Tiger Hockey** (*top ranked hockey team in the nation*)
- **Broadmoor Figure Skating** (*2005 National Champions in the Ladies, Men's, and Pairs divisions*)
- **Colorado Rampage** (*Midget Major AAA hockey team*)

Performance Training Programs

All of the NSCA programs are specifically designed to meet the needs of each individual athlete. In addition, every athlete is individually coached throughout his or her workout session to ensure the proper implementation of each training technique. We can design programs for teams as well as individuals.

Programs consist of:

- Strength
- Speed and Acceleration
- Sport-Specific Metabolic Training
- Explosive Power
- Body Composition
- Conditioning
- Agility
- Flexibility
- Plyometrics



Available Services

- Individual Strength and Conditioning Programs
- Team Strength and Conditioning Programs
- Testing and Evaluation
- Sport Movement Analysis (Dartfish® Video Analysis)
- Educational Symposia
- Consultations

Facility Details

- 7500 sq. ft. Strength Training and Conditioning
- 2500 sq. ft. Media Classroom
- 70 yds. X 40 yds. Speed and Agility Turf Field
- 15 Olympic Platforms
- 10 Multi Power Racks
- Uesaka® Weight Sets
- Dumbbells up to 150 lb. (with multiple sets)
- 5 Life Fitness® Bikes
- 2 Life Fitness® Steppers
- 2 Life Fitness® Ellipticals
- 3 Woodway® Treadmills
- 1 Woodway® Force Treadmill

Sample Resident Athlete Programs

Professional (5x/week)

- Sport-Specific Strength Training
- Sport-Specific Conditioning
- Speed and Agility
- Testing and Evaluation
- Balance and Flexibility

Olympic (4x/week)

- Sport-Specific Strength Training
- Sport-Specific Conditioning
- Speed and Agility
- Testing and Evaluation
- Balance and Flexibility

Collegiate (3x/week)

- Sport-Specific Strength Training
- Sport-Specific Conditioning
- Speed and Agility
- Testing and Evaluation
- Balance and Flexibility

Varsity AAA (2x/week)

- Sport-Specific Strength Training

Varsity AA (2x/week)

- Speed and Agility

Club AAA (groups of 5 – 15, 3x/week)

- Sport-Specific Strength and Conditioning

Club AA (groups of 5 – 15, 2x/week)

- Speed and Agility

Hours of Operation: Monday – Friday (8am – 5pm)



Pricing Structure

	1 Week	4 Weeks	6 Weeks	8 Weeks	12 Weeks
Professional	\$225	\$900	\$1200 (savings of \$150)	\$1400 (savings of \$400)	\$1800 (savings of \$900)
Olympic	\$180	\$720	\$960 (savings of \$120)	\$1120 (savings of \$320)	\$1440 (savings of \$720)
Collegiate	\$125	\$325 (savings of \$175)	\$475 (savings of \$275)	\$625 (savings of \$375)	\$950 (savings of \$550)
Varsity AAA	\$50	\$190 (savings of \$10)	\$270 (savings of \$30)	\$330 (savings of \$70)	\$480 (savings of \$120)
Varsity AA	\$50	\$190 (savings of \$10)	\$270 (savings of \$30)	\$330 (savings of \$70)	\$480 (savings of \$120)
Club AAA	\$60/athlete	\$240/athlete	\$325/athlete (savings of \$35)	\$400/athlete (savings of \$80)	\$540/athlete (savings of \$180)
Club AA	\$30/athlete	\$120/athlete	\$170/athlete (savings of \$10)	\$225/athlete (savings of \$15)	\$325/athlete (savings of \$35)



National Strength and Conditioning Association

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