

TIGER Athletic Enhancement Programs

TIGER Personal Athletic ONE-ON-ONE Training

TIGER Personal training provides one instructor to one participant training. Training sessions are 1 hour in duration.

Goal of Program: Individual programs designed around the needs and goals of the individual athlete/adult.

Types of Drills/Exercises: Core training, jump training on plyometric equipment, agility training, total body medicine ball training and explosive training. Also, speed training on the Woodway Force treadmill, quick feet drills on the agility ladder and multi-joint strength training.

Type: Personal training 1:1 ratio

Target: Ages 11 to adult.

Location: TIGER Fitness Center

Sessions: Scheduled times according to needs of individual

Duration: 1 hour

Rate: 3 sessions - \$135; 6 sessions - \$245; 9 sessions - \$315; 12 sessions - \$375; 24 sessions - \$700

TIGER 2

TIGER 2 features a ratio of two participants to one instructor. Training sessions are one hour in duration.

Goal of Program: Programs are designed around the needs and goals of the individual athletes/adults.

Types of Drills/Exercises: Core training, jump training on plyometric equipment, agility training, total body medicine ball training and explosive training. Also, speed training on the Woodway Force treadmill, quick feet drills on the agility ladder and multi-joint strength training.

Type: Personal Training 2:1 ratio

Target: Ages 11 to adult.

Location: TIGER Fitness Center

Sessions: 24 Sessions over 8 weeks

Duration: 1 hour

Rate: \$40 per session

TIGER 3

TIGER 3 training is based on a 3:1 ratio of participants to instructor. The program consists of an 8 week, 24 training session schedule. Training sessions are 1.5 hours in duration.

Goal of Program: This small group program is designed around the individual needs and goals of the athletes/adults.

Types of Drills/Exercises: Core training, jump training on plyometric equipment, agility training, total body medicine ball training and explosive training. Also, speed training on the Woodway Force treadmill, quick feet drills on the agility ladder and multi-joint strength training.

Type: Group training 3:1 ratio

Target: Ages 11 to adult.

Location: Magic Volleyball Center and Tiger Fitness center

Sessions: 24 Sessions over 8 weeks

Duration: 1 hour 30 minutes

Rate: \$320 per athlete

TIGER 5-8

TIGER 5-8 group training programs are designed to meet the needs of team-oriented goals. TIGER 5-8 provides a fun environment for training, emphasizing team accountability toward satisfying training goals. The program consists of an 8 week, 24 training session schedule with each training session lasting 1.5 hours in duration.

Goal of Program: Sport specific training for team sports that builds team unity and improves overall team athleticism. Includes team development for players in the same sport or a variety of sports.

Types of Drills/Exercises: Interval sprints on track, jump training on plyometric equipment, agility training, total body medicine ball training and explosive training. Also, speed training on the Woodway Force treadmill, quick feet drills on the agility ladder and multi-joint strength training.

Type: Group training 5-8:1 ratio.

Target: Ages 11-adult.

Location: Magic Volleyball Center

Sessions: 24 sessions over 8 weeks

Duration: 1 hour 30 minutes

Rates: \$190 (TIGER 5), \$160 (TIGER 6) and \$140 (TIGER 8) per athlete

TIGER Circuit

TIGER Circuit is an exciting 40 minute workout emphasizing cardiovascular and strength endurance training for groups of participants. TIGER circuit offers a variety of physical challenges making this exercise opportunity both unique and fun! Our circuit classes are held daily at 12 noon Monday through Friday.

Goal of Program: Cardiovascular and strength endurance

Types of drills/exercises: Interval training, core body training and multi-joint functional strength development.

Type: Group training 15:1 ratio (12 minimum)

Target: Single or Team

Location: Magic Volleyball Center (333 Speedway Drive)

Sessions: Noon Monday – Friday

Duration: 1 hour 15 minutes

Rate: \$20 per week

PreTIGER

PreTIGER is a fun camp of physical challenges for youth ages 8 to 12 years of age. The camp teaches young athletes to respect and understand their body's reaction to physical stresses. Training goals are to improve the young athlete's ability to accelerate and change directions from a variety of physical challenges provided by certified strength and conditioning specialist. PreTIGER Camp includes 3 sessions over a one week period.

Goal of Program: Teach young athletes to respect and understand their body's reaction to physical stresses during training and exercise.

Types of drills/exercises: Agility ladders, dynamic warm-up, competition games, speed drills, core body development, cone drills, body weight strength developments.

Type: Group Training 8:1 ratio

Target: Youth 8 to 12 years of age

Location: Magic Volleyball center (333 Speedway Drive)

Sessions: 3 sessions over 1 week

Duration: 1 hour 15 minutes

Rate: \$25 per child

TIGER Coach/Athlete Workshop

The TIGER workshop offers unique opportunities in hands-on instruction for coaches and their respective athletes. Each workshop is led by a certified strength and conditioning specialist bringing both coach and athlete together for the purpose of focusing on the newest tried and proven trends in sport development training.

Goal of Program: Coach and Athlete Collaboration

Types of drills/exercises: Sprint Techniques, agility techniques, platform lift techniques

Type: Group Training 8:1 ratio

Target: Coach and Athlete(s)

Location: TIGER Fitness Center

Sessions: one session a work-out.

Duration: 2 hours

Rate: \$75

TIGER Mobile

Our TIGER Mobile Program takes its speed, agility, flexibility, and core-strengthening drills on the road to area high schools. Each training program is designed around the needs and goals of high school coaches and their athletes. TIGER Mobile training provides a 12:1 ratio of athletes to instructors while performing the workout. Program sessions are typically held before or after school or during the summer. Athletes train twice per week for a period of 6 weeks.

Goal of Program: The program is designed around the needs and goals of high school coaches and their athletes

Types of Drills/Exercises: Agility ladders, hurdle mobility drills, medicine ball drills, plyometrics, and competitive speed and agility drills. Equipment is provided

Type: Group training 12:1 ratio

Target: High School Athletes

Location: Local area schools

Dates: This will vary according to needs of the high-school.

Duration: 45 or 75 minute sessions.

Rate: \$40 per athlete (minimum 12 athletes)

Athletes TIGER Challenge

Are you interested in measuring your competitive skills against other area athletes? Our Athletes' TIGER Challenge is the perfect venue for challenging athletes in a variety of physical events requiring strength, speed, agility, and explosive movement. Teams consisting of 3-5 athletes will compete against each other in 4 week cycles. Each session will last for 1 hour and 30 minutes. Team competitions will be held on Sundays at the Magic Volleyball Center (333 Speedway Drive).

Goal of Program: Measuring competitive skills against other area athletes.

Types of drills/exercises: Competitive speed and agility drills, combine testing, pro-agility, vertical jump, 10 yard sprint, broad jump, various strength training drills, medicine ball relays, and obstacle courses.

Type: Group Training 4:1 ratio

Target: High-School athletes.

Location: Magic Volleyball Center (333 Speedway Drive)

Sessions: Every Sunday for 4 weeks

Duration: 1 hour 30 Minutes

Rate: \$30 per athlete

Sport Nutrition Consult

Goal of Program: Program is designed around the nutritional needs and goals of the individual athletes/adults

Types of testing: The sports nutrition consult will consist of 2 sessions designed to maximize power, endurance, overall performance and health; one at the start of the training program and another half way through. At the initial consult, hydration status and body composition (body fat %) will be assessed. The sports dietitian will work with the client to set specific nutrition goals (e.g., weight gain/loss, muscle mass gain) to compliment the TIGER center training. At the follow-up appointment, the sports dietitian and client will re-assess those goals and modify or set new goals as needed.

Type: Individual consult 1:1 ratio

Target: Ages 11 to adult

Location: TIGER Fitness Center

Sessions: 2 Sessions over 8 weeks

Duration: 20-30 minutes

Rate: \$25 per session

i-METT Lactate Threshold Training

i-METT Threshold Training is also known as aerobic/anaerobic training and can be either continuous or interval training by nature. The program requires the participants to learn to train smarter, not necessarily harder, resulting in fewer training injuries.

i-METT can determine your ideal heart rate training zones allowing you to realize the quickest and most efficient routes to fitness.

i-METT is the perfect venue of training for cyclists, triathletes, runners, and beginners.

Goal of Program: aerobic/anaerobic training with fewer training injuries

Type: Individual testing

Target: Single or Team

Location: TIGER Fitness Center

Duration: 1 hour

Rate: \$89 per session (group rates available)

TIGER Running Technique Analysis

TIGER Running Technique Analysis is a system for teaching runners efficient and injury-reducing techniques. Expend less energy to run faster, Begin to use the body's natural shock absorption, distribute running workload optimally to avoid fatigue in any one muscle group. We also can analysis and help with quicker starts for sprinters.

Gary Bredehoft, CSCS, RRCA Certified Running Coach will analyze your running stride and technique to provide a report which recommends and prioritizes adjustments to your stride to increase efficiency and minimize injuries.

Video Stride Analysis - For those who can't make it to one of our one-on-one sessions, send us video of your running and we will provide a customized analysis and instruction.

Goal of Program: Enable the athlete to run faster and more efficiently

Type: Video Stride Analysis

Target: Single or Team

Location: TIGER Fitness Center

Duration: 1 hour

Rate: \$89 per analysis (team rates available)

