



SPORTS PERFORMANCE

Welcome to the Spark Family!

We're so excited that you're considering joining the Spark Family. We have created this document in order to give you a peak into what coming to SFP will look like. Please read this document thoroughly so you know exactly what to expect during your first visit and as you begin your journey.

It begins with you!

The first thing that must happen is that you have decided to commit to be better. We have all the tools to make you a top athlete, but it takes your commitment to make it happen. Once you've decided to take this step then simply reach out to schedule a time to come in and talk to us about your goals and how we can help you achieve them. We're available on pretty much every platform so feel free to call, email, or message us on social media to set up your first session.

Initial Session Structure:

You've set up your first session, now what?

- Start at the front desk/kiosk
 - Input your information in the kiosk. This is where we get to know a little bit about you and gather generic information. (If you are not 18 you will need a legal guardian over the age of 18 present)
 - Discuss Goals and Expectations
 - Give a brief explanation of how our program works
- Transition into Warm up Area
 - Initial air-dyne ride to loosen up while we continue to learn more about you
 - Basic movement screenings through selected exercises dependent upon sports
 - Light Speed and Agility work
- Light Strength Training
 - Perform some light lower body, upper body, and core exercises
 - Evaluate any issues while performing these movements
 - Further explain some of the basics of our program
- Light Cardio Session
 - Perform a short metabolic session designed to get your heart rate up
 - Reduce soreness and loosen up from the previous strength session
 - Perform cool down to reset
- Return to the front desk/kiosk
 - Get feedback from your experience and any concerns you may have
 - Discuss recommended training frequency and programming options
 - Confirm the next visit and what to expect during your next session

Receive your folder and evaluations

After we've determined training frequency and what program is the right fit for you then your next two sessions will be evaluation sessions. When you come in, we will create a folder that stays at the gym. This folder will hold your evaluation sheets, programming (received after evaluations), gameday prehab information, and much more. Evaluations are critical in creating a baseline to measure your improvements as you progress through the program.

Program development and beginning of training

Once the evaluations are complete you will receive your program. This will have every workout you will do for the next 3 months. We will walk you through the layout and how it works. Once you have an understanding of the program itself then it's time to start improving! You will be walked through each exercise with a demonstration of proper technique and the purpose of the exercise. Now it's time to start crushing some goals!!

Frequently Asked Questions:

How long is the initial session?

The initial session usually takes about 60 minutes complete. We ask that you kindly show up around 10 minutes prior to your appointment time in order to fill in your information at the kiosk desk.

What should I bring?

All you need to bring are some comfortable workout clothes and plenty of water. Also, a legal guardian if you're under the age of 18

Are parents expected to participate?

Parents are encouraged to join us at the front desk as we have our initial discussions. We kindly ask that parents then transition to our waiting area once we transition to the warm up and training portion of the session. We will rejoin the parents after the session for the follow up discussions.

Will I leave with a program on day one after the initial session?

No, you will be given a program after your evaluation has been completed.

Will my son/daughter be coached on a one to one format following the initial visit?

SFP operates on a 5:1 client to coach ratio on the gym floor at any given moment. While clients are not specifically assigned to coaches in a one-on-one format, all exercises and movements will be supervised during a typical training session. The first couple of weeks at the start of the program will be particularly coaching-intensive. You will soon become familiar with the training materials and environment as you function within a 5:1 coach to client ratio.

The program is for 3 months, what if I only signed up for 1 month?

All programs are based on a 12-week model in order to test effectiveness. Because it takes two sessions to do evaluations it's not realistic to try and evaluate after only 1 month of training. This time is better spent completing the last two sessions of programming to get the maximum results out of your time.

How often are evaluations?

We are constantly evaluating athletes every session they come in however official evaluations are every 3 months. If we see dramatic improvements in certain areas, we will manually adjust these exercises to keep them challenging during the program itself.