

Our coaching philosophy is simple:

To approach training through the perspective of each individual client taking into account their individual needs and objectives.

As an athlete, you have goals. You have probably experienced the bliss of achievement, and the frustration of setbacks when working toward those goals. I have been trained to recognize and communicate to you your individual unique skills while coaching you through, and eliminating your limiters. I show you that ability is a moving target. Progression and maximization can be achieved with your passion and my experience coaching. Once you choose the service level that works best for you, I will begin to develop your customized plan. Our training plans are like our clients,... no two are alike!

Here's how it works:

Since consistency is key, we encourage you to pick a plan that will allow you to have the most interaction with your coach. I will conduct an assessment interview during which time you will be asked to share; goals, what does your current training consist of, what is or is not working for you, how passionate are you about achieving your goals, etc. Based on your interview, an appropriate training plan will be recommended.

Finally, your current ability, regardless of the level, is a start point. If you can dream it, chances are I can help you achieve it. As a coach I have helped athletes and non-athletes reach goals of finishing first time races, winning races, championships, losing weight, becoming members of law enforcement, finding and over coming mental barriers, worked with Olympians, Professional Hockey players, Professional Motocross and Snowcross Athletes. There is no such thing as too lofty a goal! We welcome you to become part of the Evolved team where you will become one of my many clients over the years that have gone from "acceptable to exceptional."

The question I get most often from athletes: "Which coaching plan is best for me?" Here are some basic guidelines for you to think about, in order to help you with your decision. You can switch plans when you like, and all we ask for is a 30 day notice to do so. I limit the amount of athletes that I work with to ensure I can provide a high level of service.

ALL PROGRAMS REQUIRE A 6 MONTH COMITMENT, THIS IS SO WE CAN ENSURE PROGRESS, ROME WASN'T BUILT IN A DAY!!

1.0

If you are the type of athlete that is very self-sufficient, will not be looking for a lot of "pep talks", schedule and or race modifications and do not a need a lot of back and forth with your coach, 1.0 may be for you.

- Fully customized training plan for you. Based around your life, your particular strengths and weaknesses, and schedule

- monthly schedules and adjustments

- monthly calls and reviews with your coach, primarily through email, but if you need to chat, just let me know.

1.0 COST – 250.00 per month

- 1 Monthly email review and or call. **Start-up fee: \$250**

2.0

The 2.0 plan is where a lot of athletes seem to gravitate towards. This plan provides you with 2 phone calls from me a month as well as reviews and feedback every couple of weeks. I take your progress in mind while building your next two weeks and anything else that may have arisen we need to account for: Life changes, travel, family, races, weather, sickness, etc. For these reasons it can be nice to have a coach available to help you navigate you through these potential speed bumps.

2.0 COST – 400.00 per month

- every 2 weeks you will check in with your coach to review the previous training and plan the next block.

Start-up fee: \$250

3.0

This plan was designed for an athlete that puts a premium on their athletic pursuits. I realize some athletes do have things in life that can get quite unpredictable or sporadic and more communication and feedback will be needed from me. If you like to check in more often and have your coach more readily available for you this plan is perfect. 3.0 athletes like knowing they can call their coach weekly and get quick changes to their plans.

3.0 COST – 650.00 per month

- every week you will check in with your coach to review the previous training and plan the next block.

Start-up fee: \$200

4.0

The 4.0 plan is the best and highest touch point plan we offer. To put it quite simply, your coach is just about at your beckon call. This type of athlete may have needed their coaches to adjust plans for them same day due to changes in their life activities. These athletes like knowing (within reason), when they need their coach, they get them and modifications are unlimited as well as contact.

4.0 athletes can make arrangements to do a 2-3 day personal camp with me each year. The athlete is responsible for expenses, but that is it. The only additional expenses would be if there are flights, hotels, etc involved. It is also possible to coordinate with your coach to have them come watch you race, or train with you where you live so they can get a better perspective of your own training grounds... these are just a few ideas... it's really up to you!

4.0 COST – 1000.00 per month

- highest touch point plan we offer. You have a question, want to review a session, last minute business trip, etc and need access to your coach... 4.0 is for you.

Start-up fee: fee waived