



HPT's ATHLETIC PERFORMANCE ASSESSMENT

At HPT, we realize that with the exception of endurance sports, power is the key to your success. Power is the result of force (strength) times velocity (speed). In order to optimally develop power, an assessment must occur to determine whether speed training should be dominant, or strength training should be dominant. If speed is your asset and strength is your weakness, you should spend more training time developing strength. If you're strong but slow, more of your training time should be allocated to training speed to become a more powerful athlete. Our assessment process will identify individual strengths and weaknesses in areas related to athletic enhancement.

WHY SHOULD I DO AN ATHLETIC PERFORMANCE ASSESSMENT

An athletic performance assessment is for you if you answer yes to any of the below:

- Do you have pain when playing your sport or in training?
- Is lack of strength, speed, or agility holding you back?
- Do you want to decrease your risk for injury?
- Would you like to make the fastest progress?

If you said yes, we should assess.

MUSCLE IMBALANCES

Imbalances may occur from sport, exercise, occupation, and even heredity. You may have developed pain in the shoulder from being a tennis player. Tennis players tend to develop too much shoulder rotation in one direction while losing shoulder rotation in the other (sport imbalance). This may lead to instability and the development of trigger points in the shoulder. You may have developed low back pain from doing too many sit ups that tighten up your hip flexors and increase your hip flexor strength relative to your abs (exercise imbalance). The pain in your low back may have been from a leg length discrepancy you were born with (hereditary imbalance).

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Prior to training, an assessment is highly recommended. This process will identify your current state of performance; identify muscle imbalances and potential points of injury.

Our assessment process may include, but may not be limited to the following assessments:

- **Anthropometrics:** We will measure your height, weight, and circumference.
- **Body Composition: We utilize the most cutting edge methodology today for assessing body composition-- Biosignature Modulation** Where as most body composition formulas tell you only your body fat, Biosignature Modulation digs deeper linking your hormonal profile with how your body stores fat. This technique was developed by world renowned Strength Coach Charles Poliquin over a period of 20 years. By understanding your hormonal signature better, we can get you leaner, quicker, and stronger- faster. Through proper training and eating, most athletes will lose a couple percent bodyfat within the first month of training.



- **Strength Assessment & Structural Balance Assessment:** Strength is such an important base to feed all athletic qualities, even including flexibility. Often muscles tighten up because they are weak. We use a series of strength and movement based tests to identify the current state of strength and muscle balance of your upper body, lower body, and core.
- **Flexibility Assessment:** Having optimum flexibility allows you to move in a way to decrease injury as well as improves the efficiency of the body. Our flexibility assessment will encompass your whole body targeting the most common flexibility deficits such as: hip flexors, hip rotators, hamstrings, rotator cuff, and neck.
- **Power:** Power is important in all sports. Power is a factor of Force (aka strength) times Velocity. There are two ways to increase power: develop strength, or develop velocity. We perform tests to see which quality needs to be the most developed in you. We will improve your power by utilizing olympic lifts, training with bands and chains, throwing medicine balls, and performing plyometrics.
- **Speed:** Speed rules. Speed is a factor of distance covered divided by time. Speed is important to all sports and can be improved by increasing strength, power, reaction time, and technique. We have a 40 yard track and turf for performing speed specific drills. Speed is also enhanced by weight training, plyometric and medicine ball training, and sprinting.
- **Agility:** The ability to quickly change direction is important in sports. It is a product of a sudden deceleration, change in direction, and re-accelerating again explosively while maintaining dynamic balance. We may assess your linear agility as well as multi-directional movement.
- **Speed Endurance** or Anaerobic Capacity: Most sports are anaerobic in nature. Speed endurance is the ability to maintain speed, especially for repeated intervals. Assessments will be utilized based on the energy-systems for the sport.