

Enhanced Performance Program Questions and Answers...

- **What is the Enhanced Performance Program (EPP)?** Some call it "Injury Prevention" or "SAQ...Speed, Agility and Quickness" training. All are accurate. Specifically, the program focuses on proper movement mechanics, strengthening, coordination, conditioning and most importantly, fun.
- **Who is conducting the EPP training:** Provided by Sara Stier, PT, DPT and Nancy Robertson, PT, ATC, two local physical therapists at Nancy Robertson Therapy. They share a passion for working with athletes and see a need for injury prevention at all ages. Being collegiate athletes, both Sara (soccer) and Nancy (basketball) understand the demands of sports and the importance of staying healthy to optimize performance.
- **When will the EPP start and how many weeks is the commitment?** The EPP starts January 8 and continues until February 28 Eight weeks, 16 total sessions / Specific dates are...
 - January: 8, 10, 15, 17, 22, 24, 29, 31
 - February: 5, 7, 12, 14, 19, 21, 26, 28
- **What days, times and how long are each session?** Two days a week on Tuesday and Thursday. The times will initially run:
 - U10-U12 (6:30-7:05) / U14 (7:05-7:40) / U15-U18 (7:40-8:15)...As players become familiar with the program, the change over time becomes shorter allowing four sessions...see below
 - U10 (6:30-6:55) / U12 (6:55-7:20) / U14 (7:20- 7:55) / >U15 (7:55-8:20)
 - Each session runs approx. 25-35 minutes
- **Where will the Enhanced Performance Program be located?** Casper Classical Academy (CCA)
- **What is the cost?** The cost is determined by the number of overall players from CSC taking part...See the table below...

Cost Per Player Table:

Number of Players	Per Month Cost Per Player / Total Cost Per Player
< or = 50 Players	\$35 / \$70
51-99 Players	\$30 / \$60
> 100 Players	\$25 / \$50

- **Is this cost included in my CSC Blades fees?** No. This is an extra program, NOT included in the club fees.
- **If I am paying extra, what is the benefit of the EPP to my player?** This program teaches correct body movement ..aka.. mechanics, builds strength (especially important in female athletes to strengthen the knee area particularly the ACL and MCL), enhances agility, lateral movements, helps increase quickness, overall speed.
 - **Reduced Cost:** Because CSC is encouraging maximum Blades player participation, families get this training at a reduced cost. If a parent wanted to get this training for their child individually, the cost is minimum \$50 each time a player does a training session (\$50 x 16 = \$800)...so a dramatically reduced cost (\$60 / 16 sessions = \$3.75 a session) for this tremendous opportunity.

- **Injury Prevention:** The EPP is an important part of INJURY PREVENTION. While it is an extra cost, if the program can lessen the chance of serious injury requiring surgery, then parents have invested in reducing potential medical cost/deductible. The amount for a player to take part is far cheaper than the deductible or co-pay if that player needs to have surgery to repair what we are trying to prevent.
- **Multisport Benefits:** Benefits to multi-sport athletes are priceless whether you're training for strength, endurance, or a combination of both (rec league soccer, hockey, football, rugby, volleyball, or even ultimate Frisbee), the benefit of adding speed, agility, and quickness exercises can take your game to the next level. All athletes can benefit from improved balance, quicker feet, and a faster reaction time, and this is exactly what Speed, Agility, and Quickness (SAQ) programs help all athletes achieve.
- **Why are teams attending together?** Team building is important. Having witnessed players building trust with one another after training, sweating, pushing through a tough workout, the benefits of building that team chemistry is invaluable on the field.
- **Will team coaches be attending the EPP with their teams?** The expectation will be for coaches to attend with their teams. The logic behind this is for coaches to learn the program from Sarah and Nancy, proper movements, etc...and once your team starts training outside for the spring season, you can carry the program forward. Personally, I did the program with my players. It built incredible trust having players see me sweat, persevere through the training beside them.
- **How do we register for the program?** Since teams will be training together, your teams head coach(s) will be taking the lead. Coaches will gather a list of players taking part, and on the first day, coaches will present the list to Sara and Nancy, who will be bringing helpers to collect payment, etc...
- **How and who do we pay when registering?** Coaches, nor managers, **DO NOT COLLECT MONEY!** Sara and Nancy will be able to take credit card payments on location using the Square CC reader. Cash or check is also accepted.



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