

CornerStone Performance & Development Ltd

Services for Individual Youth Athletes	Price
<p>Initial Assessment and Programming</p> <p>Varied field tests with report and 6 week S&C training programme specific to individual based on development stage and physical competence</p>	£50
<p>1:1 Coaching with Youth conditioning specialist</p> <p>Delivery of training session to children and adolescents of all ages and abilities. Sessions will include:</p> <ul style="list-style-type: none"> - Fun - Basic fundamental movements (push, pull, squat, jumping, landing, lunging) - Mobility & Flexibility - Speed, agility and quickness drills - Strength and power development - Injury reduction & rehabilitation - Endurance conditioning 	£35/hr

Services for youth teams	Price
<p>Primary screening</p> <p>Implemented at your school/club. Includes a variety of tests and team performance report:</p> <p>Movement Screen Developmental age assessment Lower body Power Sprint</p>	£15 pp
<p>Screening + 6 week programme</p> <p>Done at your school/club. Includes testing, team report, six week programmes tailored to your athletes' physical competencies. Also provide support for teachers and coaches in the delivery of this.</p>	£40 pp
<p>Performance Screening</p> <p>Implemented at Cornerstone facility. Includes advanced testing and team report covering:</p>	£25 pp

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<ul style="list-style-type: none"> - Fundamental movement - Developmental age analysis - Lower body strength test - Sprint test - Agility test 	
<p>Performance Testing & 6 week programme Implemented at Cornerstone facility. Includes advanced testing, athlete screening report, team report, 6 week S&C category programmes for athletes, and coach/teacher support (onsite and distance)</p>	<p>£60 pp</p>

<p style="text-align: center;">Youth Teams Training Sessions</p> <p>Our highly qualified team of S&C coaches are always primed for team training sessions. Depending on the needs of the needs of the athletes and coaches, we are able to deliver a variety of sessions covering</p> <ul style="list-style-type: none"> - Speed, agility and quickness - Match/sport specific conditioning - Strength and power - Competition preparation - Match recovery <p>To maximise the availability and variety of training, we recommend these sessions are delivered at our facility. However, our coaches are also available to undertake training sessions at your school/sports club on request. These sessions can be made to suit the number of athletes, location and training objectives</p>	<p>£10 pp (min 6 athletes)</p>
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