

MAXIMUM SPORTS CONDITIONING

FEMALE ATHLETIC STRENGTH TRAINING (FAST)

The Female Athletic Strength Training Program (FAST) is an athletic, nutritional and educational development program which is designed to enhance every aspect of strength, fitness, and conditioning level. It is focused on increasing total body strength, core strength, endurance and energy levels, physique, and overall well-being.

The program also encourages women to learn about why they are developing, how they can continue to build their bodies and minds on their own, how to eat to achieve their desired results, and be able to track their improvement. Most women between 20-90 lose more than 50% of their fat-free mass, but can be resolved through strength and resistance training.

As a choice sports training and conditioning center, MaxSC provides an exciting and competitive environment, which is unlike anything available today. Our primary focus is training athletes for performance. As a result, our training sessions are specialized and personal. Coaches are able to control the tempo of the group, while addressing individual concerns.

Athletic Strength

- Joint stability / mobility
- Posterior chain and hamstring development
- Core strength / Endurance
- Muscular definition
- Knee, ankle and back stability

Performance Nutrition

- Eating to supplement strength gains
- Continued Nutritional Counseling
- Nutrient timing
- Grocery shopping lists
- Truths and myths about supplementation
- How to eat consistently on weekends
- Vitamins, Minerals and Detoxification

Athletic Education

- Basic information provided about biomechanics and kinesiology
- Basic understanding of resistance training and functional strength

Program Specific Goals

- Improve functional capacity, general strength, and overall quality of life
- Reduce the rate of common injuries among program participants
- Provide nutritional guidance and information
- Assist in body-fat loss and sustain fat-free mass

MaxSC classes are defined by 6 elements:

- **Competitive**; participants not only compete against the challenges the coaches present, but themselves as well.
- **High energy**; every class will be exciting and stimulating.
- **Team oriented**; we constantly offer opportunities for the group to work together to achieve a common goal.
- They always require **mental toughness**, meaning that each participant needs to concentrate, focus, and mentally resist fatigue
- **Educational and informative**; every participant (as well as any observer) will learn something from each class.
- **Sport-specific and/or individual**; each class targets the specific needs of the particular sport being trained.

Coaches

Daniel Jahn, CSCS, USAW

The Owner and Director of Training and Education of Maximum Sports Conditioning, Daniel Jahn has been in and around sports training for 11 years. He played baseball at the University of Washington from 1997 until 2000 when a back injury ended his career. He was hired as an assistant baseball coach at the UW, and as an intern in the Husky weight room. He became a part-time assistant strength coach the following year, and then full-time in 2002. He was the head of Baseball, Softball, Swimming, and Volleyball, but also worked extensively with Football, and helped with Basketball and Soccer. In 2005, he became the head assistant strength coach for the Husky Football team under Steve Emtman and later, Trent Greener. Along with training hundreds of collegiate athletes, and the 2005 NCAA National Championship Volleyball team at the UW, he has trained professionals of all backgrounds ranging from Mixed Martial Arts competitors to Olympic Snowboarders, held numerous clinics and seminars for youth of all sports, performed instructional training seminars for personal trainers, organized and facilitated strength and conditioning coaches' clinics, organized summer baseball camps for kids, and is a part-time columnist for STACK magazine (articles written appear in April 05, Oct. 05, Nov. 05, Feb. 06). Most recently he was the Director of Training and Education at Endzone Athletics, where he established and operated countless programs for high school athletes. He is also the author of the 'College Preparation: Manual for Athletic Success' which is a workbook designed to prepare athletes for college athletics.

Daniel is the Program Director and Lead Facilitator for two programs in a non-profit organization called the Think Big Foundation. One program, The Athletic Performance for Life Program, is a sports conditioning and development program for high school students which is focused on life skill development, athletic development, and the academic development. The Life Coaching and Mentorship Program (which he also created) partners with the University of Washington and brings Husky Athletes to local middle schools to help prepare 7th and 8th grade athletes for high school.

Daniel Jahn and his staff (we have 4 other coaches of various backgrounds) will be conducting all training workouts.

Investment

Elite Training Package- \$379.00

- Includes enrollment in classes for entire 8 week program
- Includes open training during off hours
- Includes full Performance Nutrition manual



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