

MEMBERSHIP PACKAGE

SPEED / AGILITY / STRENGTH / CONDITIONING / PERFORMANCE

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READY TO PLAY >>>

WHAT'S INSIDE



WHAT'S INCLUDED

An overview of everything you get when you join Island Athletics

PT 1



PROVEN RESULTS

Numbers and video breakdowns to show athletic improvement that translates

PT 2



SHIFT THE CULTURE

A true implementation of proper movements including warmups and practice plans

PT 3



MEMBERSHIP INFORMATION

An overview of what you get when you sign up for a membership with us

PT 4



PT 1

WHAT'S INCLUDED





Full access to our gym

6 days per week year round



Customized programming

tailored to your personal goals



Coach on-site at all times

for supervision and guidance



Can be utilized in-season or preseason.

This is a year long commitment, not to be skipped during the season



At-home workouts and bands

are included in membership

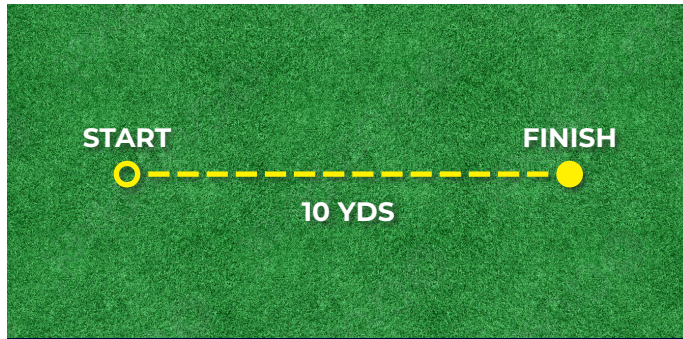
PT 2

PROVEN RESULTS



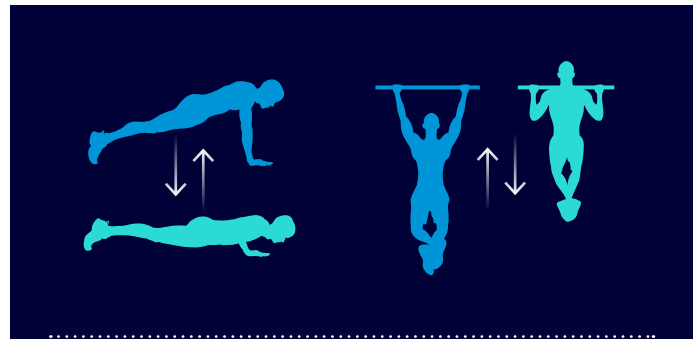
We test each athlete initially and then retest at the end of each month. We utilize Dahshr laser system to ensure accurate times on our speed tests.

Although each athletes goals are different, these tests allow us to follow improvements in acceleration, speed, agility, strength and vertical jump. We test based on sport specific demands and what is applicable for each athlete.



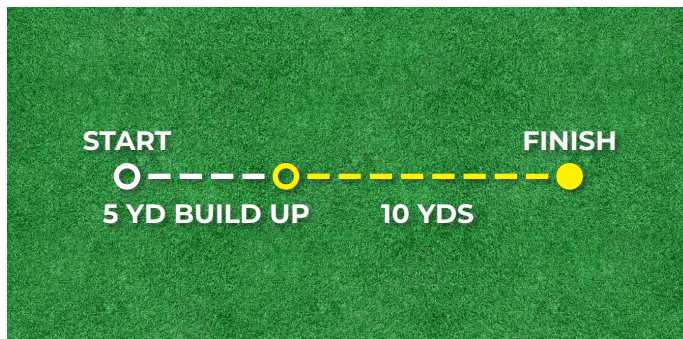
A diagram on a green grass background showing a dashed yellow line representing a 10-yard distance. A yellow circle at the start is labeled 'START' and a yellow circle at the end is labeled 'FINISH'. The text '10 YDS' is centered below the line.

10-Yard Dash: First step & initial start from athletic position




Two sets of silhouettes on a dark blue background. The first set shows a person in a plank position with a downward arrow and an upward arrow between two positions. The second set shows a person hanging from a bar with a downward arrow and an upward arrow between two positions.

Strength: Push-ups and pull-ups to track athletes upper body strength



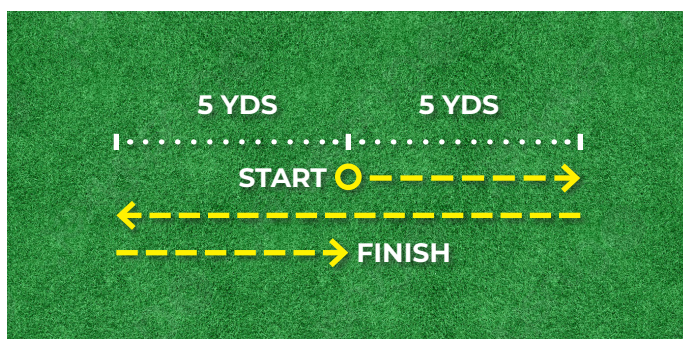
A diagram on a green grass background showing a dashed yellow line. A yellow circle at the start is labeled 'START'. A yellow circle 5 yards away is labeled '5 YD BUILD UP'. A yellow circle 10 yards from the start is labeled 'FINISH'. The text '10 YDS' is centered below the line.

Flying 10: Acceleration



A sequence of silhouettes on a dark blue background showing a person jumping from a standstill. The person starts in a crouched position and ends in a fully extended vertical jump.

Standing Vertical: The ability to jump from a stand still



A diagram on a green grass background showing a dashed yellow line. A yellow circle at the start is labeled 'START'. A yellow circle 5 yards away is labeled '5 YDS'. A yellow circle 10 yards from the start is labeled 'FINISH'. The text '5 YDS' is centered above the line.

5-10-5: Agility and ability to get in and out of cuts



A sequence of silhouettes on a dark blue background showing a person jumping from a running start. The person starts in a crouched position and ends in a fully extended vertical jump.

Approach Vertical: Jumping height when given a running start

ELIJAH NEAL

JUN > **AUG**

40 → **70**

PUSH-UPS (REPS)

9 → **15**

CHIN-UPS (REPS)

25" → **28.50"**

STANDING VERT JUMP (IN)

REED HEELAN

APR > **JUL**

10 → **40**

PUSH-UPS (REPS)

9.88 → **10.65**

10-YARD DASH (MPH)

12.7 → **14.01**

FLYING 10 (MPH)

BRAYDEN SERGERSON

JUN > **AUG**

5 → **15**

PULL-UPS (REPS)

10.33 → **11.89**

10-YARD DASH (MPH)

14.61 → **15.73**

FLYING 10 (MPH)

RAFE DIONNE

JUN > **AUG**

10.60 → **11.69**

10-YARD DASH (MPH)

14.82 → **15.26**

FLYING 10 (MPH)

27.5" → **31"**

APPROACH VERT JUMP (IN)

CARSON CONHEENEY

MAY > **JUL**

12 → **21**

PULL-UPS (REPS)

4.7 → **4.30**

5 / 10 / 5 (SECS)

31" → **34"**

APPROACH VERT JUMP (IN)

MORGAN CASEY

JUN > **JUL**

18 → **25**

PUSH-UPS (REPS)

3 → **5**

PULL-UPS (REPS)

10.28 → **12.10**

10-YARD DASH (MPH)

TESTIMONIALS

“Open gym at Island Athletics is different than any other gym experience I have had. Each athlete receives a personalized program which is redesigned every few weeks based on my progress. I tend to workout around the same time every day in the off season, and the community of athletes is so supportive and fun. If I can’t get to Island during my season, I can still follow my program at home. All my coaches have commented in my increased speed, strength and agility. I also feel tremendous growth in both my physical and mental game over the past 9 months of working with Island Athletics!”

- **GRACE HASKELL**, HIGH SCHOOL LACROSSE

“The open gym membership is fantastic and will work perfectly for all athletes. The flexible times throughout the day allowed me to work around my lacrosse practices or other workouts for that day. It lets me show up, put work in, and improve every day. All while being around Anthony and DJ who are always available for help or to push you to do the best you can.”

- **BRAYDEN SERGERSON**, COLLEGE LACROSSE

“The open gym membership was a great idea and super helpful for all athletes. The time schedule was perfect as well because as of some people they have other workouts or important things throughout the day so being able to come in whenever u wanted to during the morning or afternoon helps out with that situation. And having dj and Anthony there helped me out big time, always pushing me to become the guy I can be and making sure I have fun at the same time and that’s what needed for some people”

- **ELIJAH NEAL**, COLLEGE BASKETBALL

ISLAND ATHLETICS **PRESEASON PACKAGE**

PT 3

**SHIFT THE
CULTURE**



We look for this program to completely change the mindset for the athlete.

Athletes have the opportunity to come in 6 days a week, progressing through a program written specifically for them. Do the little things continuously and watch them turn into big things.

Becoming the best version of yourself requires effort outside of the weight room. We pride ourselves on providing our members with information on the following topics to help them maximize their potential and live a healthy, balanced life.



MENTAL APPROACH



SLEEP



HYDRATION



NUTRITION



PRE-GAME ROUTINE



RECOVERY



PT 4

MEMBERSHIP INFORMATION



OUR PLANS

\$200/MO

REGULAR

- ✓ Custom plans written for each athlete
- ✓ Access to the gym 6 days/week (3 day min)
- ✓ Resistance bands and at-home programs

\$450/MO

PLUS

- ✓ Everything included with regular plan
- ✓ One personal training session per week
- ✓ Free Island Athletics merchandise

GYM



HRS

MON-FRI

2PM-7PM

SATURDAY

10AM-1PM

REGISTRATION PROCESS

1. INITIAL DISCUSSION

Email anthony@islandathletics401.com to schedule a time to talk.

2. INITIAL CONSULTATION

Gather baseline testing numbers and analyze form.

3. CUSTOMIZE THE PLAN

We break down your movement mechanics then create a plan

4. GET TO WORK

We'll begin coaching you up on your program