



Dear Coach/AD:

ZoneReady provides sport performance training solutions for teams at all levels. We are eager to share our knowledge and experience with your players and coaching staff. When it comes to providing weight training, speed development, agility enhancement, and sport specific conditioning; ZoneReady is leading the charge in all sports all across the country. That is why companies like Nike, Eastbay, Champion, ESPN and SPARQ solicit ZoneReady to create content, coach athletes, and develop culture around sports and sport performance training.

As injury rates in athletics continue to escalate, it is now more important than ever to establish proper technique and promote safety. With the drive to win and maximize performance, coaches and athletes are in constant need to learn more. This learning process is more than new equipment and learning exercises. It's about forming a Championship attitude for athletes and coaches to take into their sport and have overflow into their lives.

What we extend to you and your school is an opportunity to enjoy the advantages shared by pro, elite, and high performing teams. Our staff comes to your school and creates a specialized training program that your athletes and coaches can integrate into your facility, on your equipment, and into your team community. Our seminars and training sessions create the ideal learning situation – safe, effective, and fun. Furthermore, we provide exceptional follow up material on our website. At ZoneReady, we are not satisfied with just creating a single experience for your team – we intend on assisting you to create a culture that lasts.

Please explore the possibilities in the attached document. Then reach out to us and we can discuss the service that is best for your team. I eagerly await your response.

Choose Victory,

A handwritten signature in black ink, appearing to read "Chris Gizzi". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Chris Gizzi
Owner, Sports Performance Coach and Consultant

Contact us at info@zoneready.net or call 310-971-1228



ZONEREADY TEAM SPORTS TRAINING

All ZONEREADY programs provide cutting edge and concise instruction to athletes and coaches at the high school, collegiate and elite levels. We come to your school, so you can master your space, utilize all your equipment, and further your winning tradition.

The following is a sampling of organizations we are or have trained, consulted and implemented ZoneReady programs.

- ✦ Palos Verdes High School in CA
- ✦ Cleveland St. Ignatius High School in OH
- ✦ USA Junior National Football Team
- ✦ Team Relentless Lacrosse Club
- ✦ University of Nebraska Football Team
- ✦ University of Washington Football Team
- ✦ Chicago Lions (Rugby Super League)
- ✦ North Melbourne Kangaroos (Professional Australian Rules Football)
- ✦ Caballeros de Culiacan (Professional Basketball in Mexico)
- ✦ Atlanta Falcons
- ✦ Cleveland Browns

Our passion is giving to the athlete and coach so they can perform their best in sport and beyond. Collectively, our backgrounds have gained experience coaching and training on all levels. We have received certifications from the following esteemed organizations: The National Academy of Sport Medicine, USA Weightlifting, CrossFit, and Blauer Tactical Training.

ZONEREADY provides three services to deliver world-class instruction, guidance, and motivation to take your sport performance training to another level. Find the level that best suits your team: Be sure to ask us how combining two or more sport team options can increase value and empower more of your athletes and coaches.



ON-LINE TRAINING LINK

ZONEReady has consolidated the essentials of sports performance training into an efficient list of easy to follow instructional videos and programs. Instruction is so clear and thorough; it will feel if ZONEReady coaches are on site assisting your training process. Links are tailored to fit your program's development and take you to the next level.

Included:

- ✦ One year unlimited access to the Weightlifting Essentials Link on www.zoneready.net. We will provide an ID and password for you and your athletes to login and utilize a wealth of training knowledge.
- ✦ Videos to outline the goal/outcome, set-up, and the “how-to” of exercises essential to keeping your athletes healthy and performing their best.
- ✦ Exercise manuals to effectively guide coaches when teaching one or a group of athletes.
- ✦ PLUS: Upgrade and go deeper – add detailed assessment prerequisites and “on-the-spot” corrections to raise the bar of your training culture.

Pricing:

The BASICS: \$29.99 – Video, picture, and instructional breakdown of 13 essential exercises that must be a part of your training program. Also, an easy to follow program of how to execute these exercises throughout the week.

The ADVANCED: \$39.99 – Take the BASICS package and amp it up – even more videos, detailed pictures and instructional texts to utilize precise and effective coaching cues and assessment techniques. This is for coaches and athletes who are serious about improving their performance and staying healthy.

The ELITE: \$49.99 – We provide overwhelmingly detailed instruction for 22 impactful exercises. Video, pictures, clear instruction, and program schedule so you can do it like a “pro.”



PERSONALIZED TRAINING PORTAL

ZONEReady provides your team with a password protected and personalized portal within their website. Coaches and athletes have access to hundreds of exercise videos 24/7/365. Furthermore, ZONEReady will assess the goals, equipment, space, and time available for your training and provide a “big picture” schedule and daily programming specific to your team.

Included:

- ✎ Your Personalized Training Portal within the ZONEReady website (www.zoneready.net). We will provide an ID, password, and unique URL for you and your athletes to login and utilize a wealth of training knowledge.
- ✎ A macro outlook for your training for the entire year as it relates to your academic, training, practice, and competitive schedule.
- ✎ Daily programming five (5) days per week to tell you the what, when, and how much for the stretching, lifting, plyos, speed and agility development, and conditioning for your sport
- ✎ Hundreds of videos within the ZONEReady library conveniently placed and labeled that coincide with your team specific training program.

Pricing:

- ✎ Start-up, assessment, initiation, and first month is \$1000.
- ✎ Portal can handle up to 100 viewers at one time – contact us at ask@zoneready.net for an adjustable rate for larger organizations
- ✎ Program updates, hosting, and transfer is \$199/month. There is a four (4) month minimum commitment.
- ✎ Further customization and security options are also available per your request and needs.



GROUP TRAINING SESSIONS

ZONEReady coaches come to your school to directly train your athletes for twelve (12) impactful sessions. Athletes accelerate their sports performance training under the watchful supervision of ZONEReady coaches. Your team and position coaches learn how to continue training for year round excellence in your strength and conditioning program.

Included:

- ✦ Qualified coaches at your school for twelve (12) sessions that run for ninety (90) minutes. Optimal schedule is two (2) sessions per week for the first month, followed by one (1) session per week for the following month.
- ✦ Athletes and coaches learn how to use the equipment on site and add in other ZONEReady training concepts to create your own specific program.
- ✦ Training programs to build sport specific attributes (like power, speed, quickness, strength, etc.) and prevent injuries.
- ✦ Keep the training programs to continue to use on your own throughout the year.
- ✦ FREE – One year unlimited access to the online Weightlifting Essentials Link on www.zoneready.net. Follow up on what was covered during your time with the ZONEReady coaches. Detailed and easy to follow video instruction and training schedule to continue your journey.

Pricing:

- ✦ \$3600 for all 12 sessions – For teams of 20, that's about \$15/athlete. For teams of up to 80 athletes, that can come out to \$6 per/athlete.



ONE-DAY SEMINAR

ZONEReady staff will provide an onsite full day training clinic. This session will include some brief classroom instruction followed by hands on training with highly qualified ZONEReady coaches. All participants will leave knowing proper technique that will greatly reduce their risk for injury as well as increase their athletic performance.

Included:

- ✎ Qualified ZoneReady coach at your school for six (6) hours of instruction.
- ✎ Explanation of ZONEReady training philosophy and methodology around performance optimization and inspiring the student-athlete.
- ✎ “Learn-by-doing” format that ensures proper technique for exercises that are essential for your success.
- ✎ Descriptive coaching cues for individual, small group, and large group instruction.
- ✎ Training programs to build strength, power, and prevent injuries.
- ✎ Opportunity for Q&A of ZONEReady coaches on any and all topics involving sports performance training and beyond.
- ✎ FREE – One year unlimited access to the online Weightlifting Essentials Link on www.zoneready.net. Follow up on what was covered during your time with the ZONEReady coaches. Detailed and easy to follow video instruction and training schedule to continue your journey.

Pricing (plus any necessary travel costs):

- ✎ \$750 for seminar instruction for up to 20 coaches and athletes – that comes out to less than \$40/attendee.



TWO-DAY SEMINAR & CONSULTATION

This is the complete package. On top of the Introductory Online Training Package and the One Day Seminar, you will have ZONEReady provide consultation to your team to integrate all facets of sports performance training. This is a specific program for you and your coaches based on your training environment and goals.

Included:

- ✎ Qualified coach(es) at your school for two (2) consecutive days of six (6) hour instructional sessions.
- ✎ The complete One Day Seminar package as previously described.
- ✎ In depth consultation from experienced ZONEReady coaches to assess your current training program and adapt it to your goals.
- ✎ Specialized training programs to promote functional training and sport specific gains that fit your team, schedule, and facility. We will create a program that will fit your needs.
- ✎ FREE – One year unlimited access to the online Weightlifting Essentials Link on www.zoneready.net. Follow up on what was covered during your time with the ZONEReady coaches. Detailed and easy to follow video instruction and training schedule to continue your journey.

Pricing (plus any necessary travel costs):

- ✎ \$1350 for both days of seminar instruction that can instruct up to 20 coaches and athletes – per day that is less than \$35/attendee.