

## Maves Athletics Performance Athletic

<p><b><u>On-Line Training &amp; Technical Coaching</u></b>  <b>\$185.00 monthly</b> Individual  <b>\$235.00 monthly</b> Add On \$50.00: 1 additional family member.  <u>Need Pre or Post procedure Athletic training: Pre-Procedure Prep &amp; Recovery with Re-Entry</u></p>	
<p><b><u>Prior to training there will be a video orientation with Coach Maves</u></b></p>	
<p>True Coach: (training app N/C) adjustment per week if required.          Individual consult/assessment OnLine weekly see Coach Maves for scheduling.          Training periodization upgrades every month (4-5weeks)          Video assessments as per requirement</p>	<p>1virtual</p>
<p>FBM page membership in MA Technical messenger group</p>	
<p>Communication: Text, Email, FB messenger video, Zoom, Face Time, Google Meet.</p>	
<p>In person training available at Wyoming gym for members at this price level N/C.          Contact Coach Maves for availability</p>	
<p>NON MEMBERS in person weekend training available for \$500.00. Contact Coach Maves for availability</p>	
<p>In-Season competition (virtual or face to face) complete fitness assessment</p>	
<p>Private lessons \$150.00 per hour On-Line or Face to Face. Sessions can be purchased in 30min time slots</p>	
<p>Tournament coaching: Individual \$150.00 per tournament</p>	
<p>Tournament coaching: 2 or more people on a Team or Group see Coach Maves for pricing</p>	
<p>NON MEMBERS Tournament coaching: Add \$350.00 Individual. Pairs, Teams see Coach Maves for pricing.</p>	
<p>Private Lessons, visual or in person: Purchase 10 lessons, \$1500.00</p>	
<p><b>Add On:</b></p>	
<p><b><u>On Line Technical Coaching Plus: \$50:00 monthly</u></b>          1 additional family member (<b>spouse or child</b>) above fees apply</p>	