



PARAMOUNT
P E R F O R M A N C E

★ **CONNECT CONSULTING** ★

The **FIRST** and **ONLY**
performance consulting
and coordinating program
in the country!

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How we Connect:

- > Assess strengths & weaknesses and set performance goals
- > Find, research, and interview potential performance specialists
- > Arrange meetings and manage communications between performance team
- > Frequent meetings with athlete and family to determine plan of care
- > Educate athlete to become an active participant in their performance development



Learn more or sign up today at
ParamountPerformancePT.com

Pricing Packages

Initial Consultation: \$400

- > Assess strengths and weaknesses of physical and mental performance
- > Write and develop performance goals
- > Review and discuss performance team members
Search out additional performance team members (as needed)
- > Develop performance action plan
- > Group meeting with performance team
- > Weekly follow-ups to address goals and modify plan
- *Upper and lower body performance/movement screen is additional \$100 (\$120 value)*

Follow Up Consultation: \$250

- > Four follow-up consultations (review goals/modify plan)
- > One group meeting with performance team

Annual Consultation Package: \$3000

- > Includes initial consultation
- > Upper and lower body performance/movement screen
- > Weekly follow-up consultations
- > Monthly group meetings with performance team (or as needed)

Hourly Rate for additional a la carte services: \$120/hour

- > Performance plan follow-ups
- > Meetings with performance team
- > Performance therapy or training session



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