

Pricing and Programs: What is a virtual Strength Coach!

Virtual Strength Coach-Individual:

\$150/start up fee + \$75 for the 2nd month.

This includes everything involved with getting started with the program:

1. An outline of how the program should be carried out.
2. A computerized personalized printout of the actual workout.
3. Disc with video clips of all exercise and comments on how to do each and every exercise.
4. List of tests the athlete needs to complete.
5. Nutritional guidelines
6. 1st month (4 weeks) of routine.
7. 1st and 2nd monthly payment.

Monthly payment of \$75 begins with 3rd month.

Virtual Strength Coach-Team/School:

\$500-\$1500/start up fee depending on situation.

+\$150 for second month of training. This includes everything involved with getting started with the program:

1. An outline of how the program should be carried out.
2. A computerized personalized printout of the actual workout for each athlete. For first 4 weeks.
3. Everything that an individual gets in their program!

Each team or school will have a personalized quote and prices will vary according to needs of the team and or the school!

In order to continue to provide the highest level of service and not limit the scope of BigTime Athletic Development we offer our services online. With software that is utilized by many of the top college and professional teams BigTime can generate programs for any individual, team and or school by virtue of the internet. By filling out the profile sheet in the documents section of the home page we can generate workouts for any athlete. We can provide everything online that we provide at our facility except for someone to make you show up and do the workout!

Using BigTime Athletic Development as your strength coach is a great way to capitalize on our expertise and our knowledge of how we have trained so many successful athletes. Some people don't have access to professional training or they just want a program and they want to do it on their own. BigTime can accommodate this group of people by designing a workout that is specific to the individual and the sport they participate in. With our software we can design the program, provide workouts for up to 12 weeks. These programs are comprehensive; not only do we provide the workout but we can provide video clips of every exercise we use to go with the workout!



Video clips of BigTime exercises!

BigTime Athletic Development

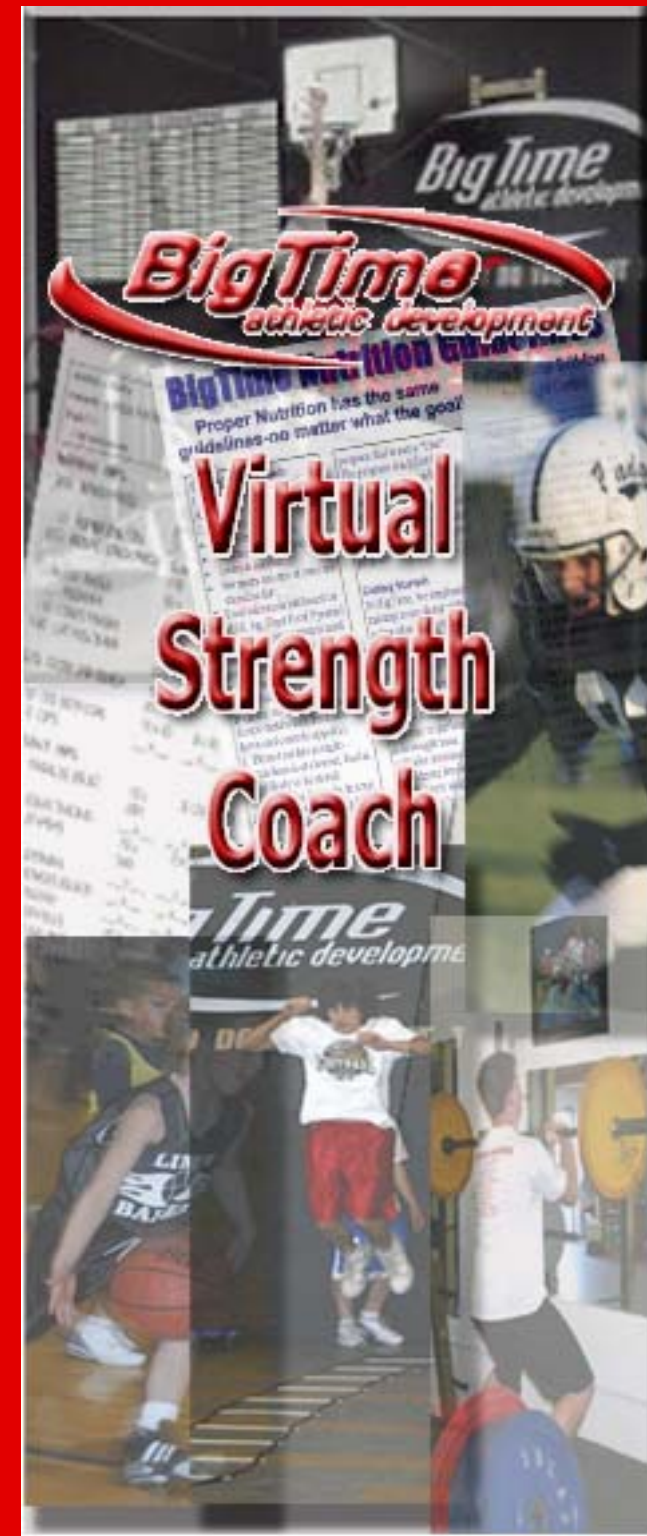
Director Brian Blackwell MS. C.S.C.S.

4770 Pearl St. #D

Boulder, Colorado 80301

Phone: (303) 517-5855

Email: bigtimead@msn.com



Why BigTime Video Analysis?

Do you want to be your best? Do you want to eliminate guess work in what is wrong with your fundamentals? Video analysis is the answer.

Regular video tape won't give you what you are looking for! You need to have a program that can break down your activity frame by frame!

The program that BigTime uses for video analysis is the top program in the country for analyzing, breaking down, and providing feedback. We can show immediate feedback with our instant replay program, we can use reference clips to play side by side or overlay onto an athlete that is trying to perfect an activity. There is not a better learning tool for an athlete that wants to leave no stone unturned!

BigTime uses the program not only to look at form on lifting, running form, and starts but also for any sport skill that the naked eye is not sufficient for proper correction. This is truly cutting edge and can make a coach or a parent's job so much easier by actually showing the athlete what he/she is doing wrong; instead of just telling them-and they don't truly believe they are doing something wrong. Video doesn't lie!



Virtual Strength Coach!

Strength Coach Online!

If you want to be your best then sometimes you need help. In order to make BigTime more assessable to athletes that don't have access to our facility or to any other facility, this may be the answer! If you want to follow a professional program and want access to some of the most productive programs available-this is your chance! We can provide detailed programs of 8,10 and 12 week increments.

Each program consists of a detailed computerized printout of your **personalized** workout, a disc with video clips of your exercises with detailed comments attached to the video and email access for everyday help and adjustments. We provide workouts 4 to 8 weeks at a time, for individuals and larger intervals if needed for teams so we can use feedback to make changes to the workout.

What you get with your Virtual Strength Coach

Computerized Workout: Every online workout we produce is designed on one of the top strength training programs on the market. This program is used by several professional and college teams-the Yankees and the Broncos to name a couple. This program factors in schedule, type of program, intensity of program, stage of workout (pre, in, out of season). We also use some estimated max lifts to determine what weights you should be lifting with.

Personalized: Our workouts are set up to meet every individual's needs. We include all of the computerized factors and we add in-age, sport, goals, level of competition and as many other factors as we can to make this program-**your program!** We also include our nutritional recommendations for the training athlete!

Video clip training: Our virtual strength coach provides you with the entire routine of exercises on video clips. The video clips include a full written description of the exercise with some documentation right on the clip itself. Each set of video clips corresponds to each individual workout and the exercises included in that workout!

Follow up: You are never on your own! We will be in touch through email and through phone calls to answer questions and to get feedback to adjust your program as you need it. We can do some pre-testing and post-testing to see how you are doing and how we need to adjust your program.

Team or School Programs: This is the opportunity for coaches to be able to implement the program that they always wanted to implement but didn't quite know how. We can work with coaches on the type of program they want to implement for their program and athletes! Athletic Directors can now provide for their coaches everything they need to implement a program that will get the results they want without spending a lot of money on strength coach salaries and benefits. BigTime will provide coaches and their athletes with a well designed program that includes video clips for the coaches and/or their athletes to view and study so they can make sure each athlete is doing the exercises correctly. We basically do everything but go to the weight room and supervise the athlete. This program will make an impact on any athlete or team that chooses to take it on.