

The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

The Physical Performance Center at Gaston Rehab Associates, Inc., a medically based, athletic development training facility, is dedicated to making the athletes we work with better, whether it is stronger, faster, or more agile.

Benefits:

- Athletes become more competitive in their respective sports
- Reduce injury and improve conditioning
- Allow athletes to compete at a higher level for longer periods of time

We designed this brief handout in order to educate coaches, parents and athletes about what we do.

Frequently Asked Questions (FAQ):

We already have access to a weight room at school or to another gym. Why should we work with you?

This is a question we often hear. If you were able to achieve the results you were looking for already and on your own, you would have stopped reading by now. **Access does not equal “know how.”** Just because someone has read a book or has seen someone else lifting or working out, does not mean they know how to put it all together to achieve the results they desire. We are professionals with expert knowledge in how the body works and the ways to increase athletic performance. We can design single workouts sessions, correct technique/provide feedback on form and mechanics, and/or provide individual and group training sessions.

Are you trying to take the place of the coach or the strength coach at the school?

No! We work with the coaches and strength coaches and are available as a resource for advanced training techniques, training program design, and injury prevention. Our job is to assist coaches who feel they have a strong program already but who may have questions or have athletes that need special one-on-one attention that is often difficult to provide in a group setting during practice. We are also a resource for those coaches who know they need to do some sort of weight training/conditioning, but are unsure where to start or whom may feel they

could use more advanced training ideas. We can work together to provide that as well.

Coaches, what would your practices be like if your athletes were already conditioned and prepared to compete each time you started a practice?

Coaches are able to spend more time on designing and running plays and practicing sport specific skills instead of working on basic conditioning with their athletes. Athletes, just think how much more could you learn in practice if you were prepared ahead of time?

Strength coaches at schools often run into the same problems in that they may also teach and may not have enough time in the day to monitor every athlete that comes into the weight room. They may need an extra set of eyes and assistance in athlete development. We can help!

When is the best time to start? Should I start just before the season or a few months in advance?

Waiting until the season starts to begin training is a common mistake and often a bad idea. Coaches will generally start hearing injury complaints from athletes 3 to 5 weeks into the season when they have not performed a conditioning program prior to the start of the season. The overuse injuries commonly seen, in general can be avoided by ramping up a training program over time rather than all at once.

The **off-season** (those months just after the competition season up to 2-3 months prior to the start of the next season) does not mean the athlete takes off completely. In fact, the opposite should be true. This is the perfect time for “active rest” and to build overall muscle strength, build an aerobic conditioning base, and work on balance and reaction speed. Typically volume is high and resistance is low during this training phase.

The **pre-season** (the period of time 2-3 months before the start of the season) is when athletes usually want to start increasing the intensity of their work outs to reflect the upcoming demands of their sport for **in-season** competition. Increasing intensity can take place in the form of interval or speed training, the use of higher resistance during work outs, and advanced skill training. This is the best time to build overall power and strength which will be carried into the season.

The **in-season**, during which athletes are competing in their respective sport, is the time to back off of the training load from previous work out sessions, however not the time to reduce intensity. This period of training is marked by low volume (decreased time and/or sets) and high intensity (effort is the same high level).

I saw another team we compete against working out in your facility already. Will that cause any issues? Will this give them an advantage if they watch us train?

We are a training facility that focuses on *Athlete* development. We can work with any and all athletes because we are working on areas of the athlete's body which have been identified in our assessment as needing strength, improved flexibility, and/or speed, power, agility, or additional instruction in technique. We don't have the time, nor do we have the desire to get into coaches playbooks. We are a part of the overall team and pride ourselves in making athletes better. We get excited when athletes who have worked with us do well, but know we only play a part in their overall success.

Can we afford your services?

All athletes start off with a FREE consultation and athletic assessment. This allows the athlete, parents, and/or coaches to get a feel for what we do and what we are going to work on.

Individual training sessions will obviously cost more than group training sessions, but are probably not as much as you think. Individual training sessions allow for true one-on-one attention, that you won't find at practice or at the school weight room. Packages start at just \$17/session.

Group sessions are even more reasonable and can be purchased for as little as \$10/session when 5 or more athletes sign up together from a team or group.

We now have two offices to serve our clients better:

Gastonia:

1361-A East Garrison Blvd (Across from the Schiele Museum)
Gastonia, NC 28054
(704) 864-4424

Statesville:

2809 Amity Hill Rd (Exit 45 off I-77)
Statesville, NC 28677
(704) 768-1013