GMG Price List - 06/09/2019

(Scroll for College/Pro/Team RATES)

\*\*\* Before ANY Training is sold to a client, they must go through a mandatory 1-hour on-court and physiological assessment prior to ANY further sessions being booked \*\*\*

***SESSIONS AT GMG LOCATION DOWNTOWN***

* (***90 MIN SESSIONS) – Strength, Mobility, and Injury Prevention Addition***
  + Session Rates
    - Private (1 athlete) = $90
    - Semi-Private (2-5 athletes) = $55
    - Group + Strength (6+ athletes) = $45

***SATELLITE SESSIONS (at another location such as home gym, church, etc.)***

* **(60 MIN SESSIONS)** – **This does NOT include any injury prevention or mobility**
  + Session Rates
    - Private (1 Athlete) = $75
    - Group Sessions (2+) = $45 per athlete
    - Intern Session (1-4) = $40 per athlete

**COLLEGE PLAYERS**

* $40 per athlete for any group larger than 2
* $75 for individual sessions.

**SHOOTING CONSULTATIONS**

* **$55 -** for an individual shooting consultation – will include an hour of shooting instruction, form, technique, and film breakdown.

\*\*\* SEE BELOW FOR PROFESSIONAL PLAYER & TEAM PACKAGES \*\*\*

**PROFESSIONAL PLAYERS (Post-Collegiate)**

* Individual Packages Vary on TIME and COMMITMENT
  + Resources and Packages CAN include, but are not limited to:
    - Full Basketball Performance and Skill acquisition
    - FULL and Individualized Strength and Conditioning Programming
    - Mobility/Functional Range/Injury Prevention Programming
    - Personalized and Detailed Film Breakdown
    - Professional Private Runs
    - Nutritional Plans
    - Access to gym and shooting circuits

**PROFESSIONAL SATELLITE SESSIONS**

* Package varies on length of time spent away.
  + Payment can include the following, but it must be covered or agreed upon within the payment total for training on site:
    - Place of stay for total duration
    - Travel Expenses (gas or flights)
    - Transportation agreement (this includes to and from the airport)
    - \*\*\* In addition, \*\*\* if training is taking place where a flight is necessary to get to the destination, all equipment outside of bands and basketballs must be provided. This INCLUDES a place to train in an equipped weight room.

**TEAM RATES**

* For a FULL TEAM (or position specific work) a session will run 90 minutes long and include 60-70 minutes of basketball, with a 20-30-minute functional range and mobility cool down. If there is less than 8 players, the group rate of $45 an athlete will apply. If there is 10+ (with a cap at 15), total for the 90-minute session = $350 for the entire team.

