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.

