Methodology: A System Based Approach

The Athletes’ Performance mission is to provide the finest performance methods, specialists, and facilities Seamlessly Integrated to efficiently and ethically enhance our athletes’ performance. Through this mission our goals are to improve the client’s performance, decrease their potential for injury, provide them with sustainable strategies, and put them in the best position to attain their goals. We found the only way to do this is by applying a systems based approach. Ralph Waldo Emerson has a quote that truly exemplifies this concept:

"As to methods there may be a million and then some, but principles are few. The man who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble."

With so many methods out there it can become difficult to see the ‘forest from the trees,’ but with the proper systems in place a coach can have their tools and the toolbox to contain them all. It is the toolbox or system that is sustainable and as better methods are uncovered a trainers tools will change. Additionally, we need to break the stigma that there is only one way to do things and that you can’t have two different tools that do the same job. Whether you ‘draw in’ or ‘brace’ there is a time and place to use both of these methods and in some cases clients will respond to one better than the other. For this reason we are always open to new methods and know our systems are in place to allow for efficient execution of these strategies.

Athletes’ Performance Training System:

- **Evaluation**: Athlete’s Abilities + Movement Demands = Proper Movement Based Planning
- **Prehab**: Develop corrective strategies that take into account the athlete’s movement priorities in terms of the movement demands of that training session.
- **Movement Prep**: Applying this 4-step system will not only physically prepare your athletes, but more importantly will be a sustainable tool for teaching and refining movement patterns.
- **Plyometrics**: Using this session as a bridge between strength and movement skills is the key to developing powerful movement patterns. This session involves low quantity, high quality work to teach the athlete how to improve power production and rate of force development.
- **Movement Skills**: This critical component of the training system is a blend of technique and power application that allows the athlete to execute in the same way they will on their field of play.
- **Strength and Power Session**: Once in the weight room it is important to understand that it is not strength to support strength, but strength to support movement. We need to train at the speeds, loads, and movements pertinent to the athlete’s abilities and sport/position.
- **Energy System Development**: This session is built to train the correct energy systems and attack individual deficits with pertinent movements in a fun and challenging environment.
- **Regeneration**: It is important to understand that everything in the system will break the athlete down and this is the time when we educate and execute regeneration strategies to ensure optimal performance during future training sessions.

To find out more about these training systems and con-ed opportunities please contact:

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