

Optimal Performance Pricing

Training Packages

Strength & Conditioning – One Athlete 10-Session Package \$424

per athlete

- 10 one-on-one sessions, 1 hour each, used within 2 months to reap full benefits, held in Ashley's home garage gym
- Personalized programming by Ashley to best suit the athlete
- Sessions consist of strength work (progressive load), accessory movements, plyometrics, agility, form runs, metabolic conditioning / HIIT, as well as adequate warm-up and stretching
- Post-training recovery snack (clean, high-quality, Ashley-approved) is provided after each session for immediate intake, within 30 minutes
- Weekly check-ins by Ashley via text message

Strength & Conditioning – Two Athletes 10-Session Package \$798

per two athletes

- 10 one-on-two sessions, 1 hour each, used within 2 months to reap full benefits, held in Ashley's home garage gym
- Personalized programming by Ashley to best suit the athletes
- Sessions consist of strength work (progressive load), accessory movements, plyometrics, agility, form runs, metabolic conditioning / HIIT, as well as adequate warm-up and stretching
- Post-training recovery snack (clean, high-quality, Ashley-approved) is provided after each session for immediate intake, within 30 minutes
- Weekly check-ins by Ashley via text message

Strength & Conditioning – Mom of Athlete 10-Session Package \$424

per Mom

- 10 one-on-one sessions, 1 hour each, used within 2 months to reap full benefits, held in Ashley's home garage gym
- Personalized programming by Ashley based on Mom's goals
- Sessions consist of strength work (progressive load), accessory movements, some plyometrics, metabolic conditioning / HIIT, as well as adequate warm-up and stretching
- Post-training recovery snack (clean, high-quality, Ashley-approved) is provided after each session for immediate intake, within 30 minutes
- Weekly check-ins by Ashley via text message

Strength & Conditioning – Two Moms of Two Athletes 10-Session Package \$798

per two Moms

- 10 one-on-TWO sessions, 1 hour each, used within 2 months to reap full benefits, held in Ashley's home garage gym
- Personalized programming by Ashley based on the two Mom's goals
- Sessions consist of strength work (progressive load), accessory movements, some plyometrics, metabolic conditioning / HIIT, as well as adequate warm-up and stretching



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- Post-training recovery snack (clean, high-quality, Ashley-approved) is provided after each session for immediate intake, within 30 minutes
- Weekly check-ins by Ashley via text message

Strength & Conditioning – Build A Package

TBD

- If the above options don't work for you and the athlete, we can build a package
- For example, you live in the valley and can't commit to commuting weekly, we can build a package together to better accommodate your athlete. If you can get a group of 3-4 female high school athletes to train 2-3x a week in the same training sessions at a gym with weights and other equipment, we can build a package to suit every Valley athletes' needs!

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Nutrition Packages

Initial Nutrition Support – Athlete Only

\$150 first month
per athlete

- Completed 7-Day Food & Activity Log by the athlete
- Detailed review by Ashley of the above
- Personalized 5-Day Meal Plan created by Ashley based on athlete's likes as well as additional healthier options and other ideas (meal plan teaches the athlete what, how, and when to eat in and around performance)
- Supporting documents followed by meal plan: Grocery list, recommended food brands (linked in meal plan and separate list), and 3-4 simple recipes
- Weekly check-ins, reminders, and nutrition goals via text, as well as meal feedback
- Unlimited text and email from parent and athlete about nutrition

Initial Nutrition Support – Two Sibling Athletes of same household

\$250 first month
per two athletes

- All the above, when two sibling athletes sign up

Initial Nutrition Support – Athlete and Mom

\$250 first month
per athlete + Mom

- Completed 7-Day Food & Activity Log by the athlete* and Mom**, each
- Detailed review by Ashley of the above
- Personalized 5-Day Meal Plan created by Ashley based on athlete and Mom's likes as well as additional healthier options and other ideas.
 - * The meal plan teaches the athlete what, how, and when to eat in and around performance.
 - ** The Mom's meal plan is built based on her goals, needs, and wants.
- Supporting documents followed by meal plan: Grocery list, recommended food brands (linked in meal plan and separate list), and 3-4 simple recipes
- Weekly check-ins, reminders, and nutrition goals via text, as well as current meal feedback
- Unlimited text and email from athlete and Mom about nutrition

Ongoing Nutrition Support – Athlete Only after first month of Initial Nutrition Support

\$50 /month
after first month, per athlete

- All of 'Initial Nutrition Support – Athlete Only' minus Food & Activity Log, 5-Day Meal Plan and supporting documents (athlete will already have these)
- Added support and recommended protocols created by me for the athlete through other life factors: hydration, recovery, sleep, stress, digestion, body image/self-confidence, and the menstrual cycle

Ongoing Nutrition Support – Two Sibling Athletes of same household, after first month

\$80 /month
per month, per two athletes

- All of 'Initial Nutrition Support – Two Sibling Athletes' minus Food & Activity Log, 5-Day Meal Plan and supporting documents (athletes/parent will already have these)

Optimal Performance Pricing

- Added support and recommended protocols created by me for the athletes through other life factors: hydration, recovery, sleep, stress, digestion, body image/self-confidence, and the menstrual cycle

Ongoing Nutrition Support – Athlete and Mom after first month of Initial Nutrition Support **\$80 /month**
per month, per athlete + Mom

- All of 'Initial Nutrition Support – Athlete and Mom' minus Food & Activity Log, 5-Day Meal Plan and supporting documents (athlete and Mom will already have these)
- Added support and recommended protocols created by me the athlete and mom through other life factors: hydration, recovery, sleep, stress, digestion, body image/self-confidence, and the menstrual cycle