



**Prepare your team
for competition**

Thezone
Sports Science & Wellness Centre

Ara
Institute of Canterbury
Ara rau, taumata rau



Athlete Development Programme

Equip your team to take their performance to the next level with The Zone's Athlete Development Programme (ADP).

The ADP is a multifaceted approach to sports development that will equip your players with personal performance data and the know-how to use it, as well as competence and confidence to support life-long participation in sport. The ADP comprises five parts and can be customised to suit developing need:

- Performance testing
This includes tests for strength, aerobic capacity, agility and core to identify baseline fitness, or (if required) anaerobic lactate testing and a bioimpedance analysis (BIA) scan to assess and track body composition changes over time.
- Strength and conditioning coaching
Functional movement pattern development for safe strength training.
- Performance nutrition
We'll demonstrate how to maximise your players' dietary consumption to meet their energy requirements.
- Mental skills
Understand the psychological factors that affect performance and develop strategies to best manage them.
- Multisport development
This is a fun competition that combines multiple sports focused on developing fundamental and social skills.

Prices available on request.

Enquire today!

To find out more visit ara.ac.nz/thezone
or email the.zone@ara.ac.nz



ara.ac.nz/thezone
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