

# The *90* Performance Team

The *90* performance team is made up of professionals who share a common passion and philosophy for sport performance enhancement and injury prevention. Each has committed to learn all they can to provide today's athletes with cutting edge training programs. Athletes from elementary through high school, college Division I - III, professional sport teams, Olympic hopefuls, and the occasional weekend warrior have benefited from the *90* performance coaches' training and expertise.

The *90* performance coaches differ from traditional personal trainers and other sports trainers. The average personal trainer works with a client to change the way they look. This is accomplished by lifting weights and isolating muscles to work one at a time. The *90* performance coaches, on the other hand, train athletes for the way in which they perform. This means utilizing total body exercises that work the entire body as one dynamic unit. Rather than isolating muscles, *90* Performance coaches teach the body to fire muscles in a sequential fashion.

The *90* philosophy is to get to know each athlete, identify his or her goals and weaknesses and then establish the appropriate approach for that individual. The *90* performance coaches are able to do this by utilizing knowledge from a wide variety of fields that include sports psychology, biomechanics, neurology/biofeedback, nutrition/supplements, visual enhancement, soft tissue manipulation/massage, and sleep research. "Every exercise ever created is a tool in our toolbox and we believe that it is our job to match the right tool, at the right time, for the optimal outcome. This is how we create performance enhancement programs for *90* athletes!"

## **Thurman Hendrix, M.A., C.S.C.S.**



Thurman received his Bachelor's degree in Exercise Science at Concordia University. After graduation, he played professional minor league baseball. Thurman spent time as a conditioning coach in the Chicago White Sox organization before returning to Concordia to earn his Master's degree. He developed the *90* program in 2000. Thurman regularly presents at professional conferences and has published several sports performance articles. He has also developed a computerized sensory processing / vision training program and co-produced two performance training videos. Thurman is certified through the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist (CSCS). Thurman can be reached at 708-450-5572.

## **John Hayley, C.S.C.S.**



John received his Bachelor's degree in Exercise Science at Concordia University where he also played baseball. He interned at Gottlieb and after graduating joined the staff to further develop the *90* program. John has worked at Northwestern and Concordia University as a strength and conditioning coach. He has published sports performance articles and is certified through the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist (CSCS). John can be reached at 773-620-9015.

# Is this Program Right for Me?

## **What types of athletes will benefit from the *GO* program?**

Although the program will help all athletes, it is best suited for ground-based sports that require:

Quick reactions and reflexes	Sensory integration	Agility/Change of direction
Sprinting	Jumping	Coordination
Power/explosiveness	Balance/dynamic balance	Core strength

These sports include:

Baseball	Basketball	Fast Pitch Softball
Football	Soccer	Track and Field
Lacrosse	Field Hockey	Ice Hockey
Wrestling	Volleyball	Tennis
Golf	Badminton	

Athletes in other sports will benefit from our training; however, it is recommended that they first seek other options such as traditional personal training or specialized skill coaches. Specifically, swimmers, long distance runners and tri-athletes require more progressive, repetitive conditioning than athletic skills and do not fully utilize the talents of the *GO* performance team.

## **How does the *GO* program differ from other sports performance programs?**

The program focuses on all dimensions of performance and is not limited to improving only one aspect such as weight training, speed training, etc. The *GO* program takes an integrative approach that is both sport and athlete specific. Please see the *GO* Performance Team information for a more detailed description of the program philosophy.

## **When is the best time to go through the program?**

It is best to enroll in and complete the *GO* program during your off-season and/or pre-season. You will benefit from completing the *GO* program in-season. However, if your main goal is to gain or lose weight, schedule conflicts and physical recovery demands make in-season *GO* training less than ideal.

## **Is the program right for me if I am recovering from an injury?**

The answer to this question depends upon how far along you are in your rehabilitation. The program is designed to help athletes prevent injuries, not necessarily to recover from them. Athletes suffering from injuries are advised to see their orthopedic surgeon, athletic trainer, massage, and/or physical therapist prior to enrolling in *GO* training sessions.

## **What type of exercises will I be doing?**

The exercises selected will relate to your specific goals. Most programs will involve exercises utilizing the following types of equipment:

Medicine Balls	Stability balls	Agility ladders
Tubing / Pulley Systems	Body weight exercises	Balance devices
Free weights / Dumbbells	Foam Rollers	Resistance Running Devices

# Program Options

Athletes have the option to work privately, or in semi-private groups of two, three, or four.

## **Enrolling For Private Sessions**

- ❖ The athlete will sign-up for a package of 12 training sessions (either 30 or 60 minutes) in which all dates and times are agreed upon between the performance coach and the athlete. Ideally, the day(s) and time(s) will be kept consistent for a set number of weeks.
- ❖ Do not purchase training sessions prior to scheduling exact dates and times with a performance coach.
- ❖ Athletes must always purchase sessions in packages of twelve.
- ❖ A package of 12 (60 minute) sessions is \$840 and a package of 12 (30 minute) sessions is \$600.
- ❖ Sessions expire 90 days after the first scheduled training session.
- ❖ Cancellation Policy (if the athlete needs to cancel)...
  - Sessions cancelled within 72 hours of start time will be forfeited and will not be made up.
  - Sessions cancelled more than 72 hours in advance will be made up at a time mutually agreed upon between the performance coach and the athlete.
  - Refunds will not be allowed in any circumstance.
- ❖ Cancellation Policy (if the performance coach needs to cancel)...
  - Sessions cancelled within 72 hours of start time will be made up plus the athlete will receive an extra credit of one session.
  - Sessions cancelled more than 72 hours in advance will be made up at a time mutually agreed upon between the performance coach and the athlete.
- ❖ Barring unforeseeable events, athletes will work with the same performance coach throughout the block of sessions (an intern may be present).
- ❖ The minimum age required for the program is 11 years old.
- ❖ Athletes (15 years +) that are not members of GHFC will also receive a full access membership to use the club during the block of dates that they are enrolled in the *90* program.
  - Athletes (15 years +) that have completed at least one (twelve session) package in the *90* program will receive a free initiation fee (up to a \$275 value) if they wish to join the club upon finishing.
- ❖ Athletes will receive a *90* program t-shirt upon joining the program for the first time.
- ❖ To schedule training sessions please call the individual performance coach that you wish to work with.
  - Thurman Hendrix, M.A., C.S.C.S. – 708-450-5772
  - John Hayley, C.S.C.S. – 773-620-9015
- ❖ After agreeing with your performance coach on a block of training sessions, athletes should arrange a time to come to the center and register. See “registration process” below.

## Enrolling For Semi-private Group Sessions

- ❖ Athletes may choose to sign-up as a group of 2, 3, or 4. Together, they will sign-up for a package of 12 training sessions (60 minutes) in which all dates and times are agreed upon between the performance coach and all athletes. Ideally, the day(s) and time(s) will be kept consistent for a set number of weeks.
- ❖ Athletes are responsible for forming their own groups. To get the most out of the sessions it is suggested that athletes enrolling as a group should share very specific goals, very specific schedules, and very specific training experience.
- ❖ Do not purchase training sessions prior to scheduling exact dates and times with a performance coach.
- ❖ Athletes must always purchase sessions in packages of twelve.
- ❖ A package of 12 (60 minute) sessions for a semi-private group of 2 is \$540 per person. A semi-private group of 3 is \$480 per person and a group of 4 is \$420 per person.
- ❖ Sessions expire 90 days after the first scheduled training session.
- ❖ Each training session is 60 minutes long.
- ❖ After committing to a particular group size for a particular block of training sessions, groups cannot be altered until the completion of those sessions.
- ❖ Cancellation Policy (if the entire group needs to cancel)...
  - Sessions cancelled within 72 hours of start time will be forfeited and will not be made up.
  - Sessions cancelled more than 72 hours in advance will be made up at a time mutually agreed upon between the performance coach and the athletes.
  - Refunds will not be allowed in any circumstance.
- ❖ Cancellation Policy (if only one or some in a group need to cancel)...
  - The session will go on as planned for those that are able to attend.
  - The session will be forfeited and will not made up for those athletes unable to attend.
  - Refunds will not be allowed in any circumstance.
- ❖ Cancellation Policy (if the performance coach needs to cancel)...
  - Sessions cancelled within 72 hours of start time will be made up plus the athletes will receive an extra credit of one session.
  - Sessions cancelled more than 72 hours in advance will be made up at a time mutually agreed upon between the performance coach and the athletes.
- ❖ Barring unforeseeable events, athletes will work with the same performance coach throughout the block of sessions (an intern may be present).
- ❖ The minimum age required for the program is 11 years old.
- ❖ Athletes (15 years +) that are not members of GHFC will also receive a full access membership to use the club during the block of dates that they are enrolled in the *GO* program.
  - Athletes (15 years +) that have completed at least one (12 session) package in the *GO* program will receive a free initiation fee (up to a \$275 value) if they wish to join the club upon finishing.
- ❖ Athletes will receive a *GO* program t-shirt upon joining the program for the first time.
- ❖ To schedule a block of training sessions please call the individual trainer that you wish to work with. Sessions are available on a first-come, first serve basis.
  - Thurman Hendrix, M.A., C.S.C.S. – 708-450-5772
  - John Hayley, C.S.C.S. – 773-620-9015
- ❖ After agreeing with your performance coach on a block of training sessions, athletes should arrange a time to come to the center and register. See “registration process” below.

## Registration Process

- ❖ After agreeing with your performance coach on a block of training sessions, athletes should arrange a time to come to the center and register. Registration and payment are taken at the Gottlieb Health and Fitness Center front desk.
  - First-time 90 athletes...
    - Athletes (or an athlete's legal guardian if under 18) must complete the 90 enrollment forms. To expedite the process you may wish to complete the forms in advance. Forms can be obtained at the fitness center's front desk or you may ask your performance coach to mail them to you.
    - All paperwork must be turned in prior to the first training session. No make-up sessions will be scheduled in the event the paperwork has not been completed.
    - Payment must be made at the time of registration. Partial payments will not be accepted.
    - All 90 participants, regardless of age, will receive a photo I.D. card to be shown upon entering the center for each session. There is a \$5 replacement fee for lost or stolen cards.
  - Continuing 90 athletes...
    - Payment must be made before the first training session of each new package. Partial payments will not be accepted.
    - The photo I.D. card received for your prior block of training sessions will be reactivated with the new training dates. If you do not have your old card, a new one will be printed for your first session of your new training block. After that, there is a \$5 replacement fee for all lost or stolen cards.

## 90 Prices (As of March 1<sup>st</sup>, 2008)

- ❖ All sessions must be completed within 90 days of the first scheduled training session.
- ❖ Private
  - Package of 12 Sessions (60 Minutes)                      \$840 = \$70 / Session
  - Package of 12 Sessions (30 Minutes)                      \$600 = \$50 / Session
- ❖ Semi-private (2 Athletes)
  - Package of 12 Sessions (60 Minutes)                      \$540 Per Person = \$45 / Session
- ❖ Semi-private (3 Athletes)
  - Package of 12 Sessions (60 Minutes)                      \$480 Per Person = \$40 / Session
- ❖ Semi-private (4 Athletes)
  - Package of 12 Sessions (60 Minutes)                      \$420 Per Person = \$35 / Session
- ❖ Suggestions of how to schedule 12 sessions
  - 4 sessions per week x 3 weeks (would take 21 days to complete the package).
  - 3 sessions per week x 4 weeks (would take 28 days to complete the package).
  - 2 sessions per week x 6 weeks (would take 42 days to complete the package).
  - 1 session per week x 12 weeks (would take 84 days to complete the package).

# Attending Training Sessions

## **Arrival Time**

- ❖ Arrive five to ten minutes prior to the start of the session in order to allow enough time to change and meet with your *GO* performance coach.
- ❖ Athletes do not need to arrive early to warm-up on their own. The warm-up is included in the session.
- ❖ The session will start at the designated time and end either 30 or 60-minutes later (depending on the type of session chosen). Late athletes forfeit unused time.

## **Checking-in**

- ❖ Present your Gottlieb photo I.D. to the front desk staff upon arriving at the center.

## **Receiving a Locker / Changing Clothes**

- ❖ After scanning your card at the front desk proceed to the towel desk where you will exchange your I.D. for a locker key. Towels are also available. You do not need to bring your own lock.
- ❖ In the locker room locate the locker that matches your key tag and change into appropriate athletic apparel. Most athletes wear gym shoes, shorts, and a t-shirt.
- ❖ Keep your locker key with you or ask your instructor to hold onto it during the session. Lost keys may be subject to a fine.
- ❖ Meet your performance coach on the main exercise floor or in the testing office located across from the towel desk.
- ❖ At the end of the session, return to the locker room to change, shower, gather belongings, etc. When you are finished, return your key to the towel desk in exchange for your I.D.

## **The Session Itself**

- ❖ A great deal of time and effort goes into planning individualized training sessions that are specific to the athlete's performance goals. Therefore, it is important that athletes arrive on time, are ready to work and stay focused for the entire session.
- ❖ The first couple of sessions may be used for teaching and assessment.
- ❖ When working in a group setting, be ready to rotate from station to station.
- ❖ Sessions will start with a dynamic warm-up, followed by the “meat” portion of the workout. Sessions will conclude with cool-down or lower intensity exercises.
- ❖ Most sessions will be performed inside, however, depending on athlete goals and weather permitting, some sessions may be performed outside on the Gottlieb Hospital Campus.
- ❖ Note: Interns may or may not be present during training sessions.

## **Frequently Asked Training Session Questions**

### **1. Can my parents observe the workout sessions?**

The simple answer to this question is yes, however, it is not always recommended. The recommendation is that parents observe the first few sessions when the athlete(s) are in their “learning” phase. These sessions involve mainly talking about philosophical considerations to training. After these sessions are completed it is recommended that parents only pop in from time to time. The performance enhancement coach has developed a comprehensive training program that requires effective communication between the athlete and the coach, a high level of concentration on the part of the athlete, and the ability to move efficiently through the center. The presence of parents during the training session can impede these requirements and ultimately the progress of the athlete. Parents can wait in the center’s lobby area where they can watch television or read.

### **2. Can my parents workout at the Center while waiting?**

Gottlieb Health & Fitness Center has several affordable temporary membership options for parents that would like to workout while their son or daughter is exercising. Please stop by the Center's front desk for more information.

### **3. Should I bring a water bottle or sports drink?**

Absolutely. However, water fountains and vending machines are located throughout the Center.

## **After Completing the Scheduled Sessions**

- ❖ Membership to the center terminates (for athletes over 15 that were non-members when joining) on the day of your last scheduled session.
- ❖ Athletes over 15 years of age that complete any package of 12 ~~90~~ training sessions are eligible for a zero initiation fee (up to a \$275 value) if they join the club. Please stop by the Center's front desk for more information on membership.
- ❖ Athletes are always encouraged to keep in contact with their performance coach. Whether it is a training related question or an update as to how you are doing we always love hearing from you.

# **General Facility Info**

Gottlieb Health and Fitness Center is a 50,000 square foot facility with a 1/12 mile track, a basketball court, two racquetball courts, over 100 pieces of cardiovascular equipment, a full line of weight training machines, a free weight room, and an outdoor training area with a 100 yard straightaway. The center also has a lap pool, warm water rehab pool, a whirlpool, a dry sauna, and a steam room. Complimentary fitness classes, rackets, lockers, towels, toiletries, and playroom are available to the members. The “Healthier Health Club” also offers nutrition, personal training, and massage services for additional fees.

## **Hours**

Monday – Friday	5:30 a.m. to 10 p.m.
Saturday	7 a.m. to 6 p.m.
Sunday	7 a.m. to 5 p.m.

## **Directions**

From the West (Northlake, Elmhurst, etc.) Head East on North Avenue. After 15<sup>th</sup> Avenue, look for the blue sign with the Gottlieb “G” on it on the left side of the street. Turn left at the light by the sign. Go straight to the Stop sign and turn right. The Fitness Center is the building farthest to the East.

From the East (Oak Park, River Forest, etc.) Head West on North Avenue. After 5<sup>th</sup> Avenue, look for the blue sign with the Gottlieb “G” on it on the right side of the street. Turn left at the light by the sign. Go straight to the Stop sign and turn right. The Fitness Center is the building farthest to the East.

**Gottlieb Health and Fitness Center**  
**551 W. North Avenue**  
**Melrose Park, IL 60160**  
**General Club Info: (708) 450-5790**  
**[www.gottliebfitness.org](http://www.gottliebfitness.org)**

## Current and Former Athletes

In addition to working with hundreds of grammar, high-school, and recreational athletes, *90* performance coaches have trained athletes from the following schools and organizations:

### Colleges and Universities

Augustana University  
Butler University  
Catholic University of America  
Central Michigan University  
Chapman University  
Coastal Carolina University  
College of DuPage  
Concordia University – Chicago  
Cornell University  
Creighton University  
DePaul University  
Eastern Illinois University  
Florida International University  
Florida State University  
Georgetown University  
Harvard University  
Illinois State University  
Illinois Wesleyan University  
Loyola University  
Miami University of Ohio  
North Central College  
Northern Illinois University  
Oakton College  
Ohio Wesleyan University  
St. Joseph's College of Indiana  
St. Louis University  
Seton Hall University  
Triton College  
Tufts University  
University of California, Santa Barbara  
University of Evansville  
University of Miami  
University of Michigan  
University of Missouri  
University of New Mexico  
University of North Carolina

University of Rochester  
University of San Diego  
University of Wisconsin – Madison  
University of Wisconsin – LaCross  
Valparaiso University  
Villanova University  
Webster University  
Western Michigan University  
Yale University

### Professional Organizations

Baltimore Orioles  
Boston Red Sox  
Carolina Hurricanes  
Chicago White Sox  
Chicago Wolves  
Cincinnati Reds  
Detroit Tigers  
Evansville Otters  
Florida Marlins  
Gary SouthShore Railcats  
Kalamazoo Kings  
Los Angeles Kings  
New York Mets  
Oakland Athletics  
Ottawa Senators  
Rockford RiverHawks  
San Francisco Giants  
Sioux Falls Canaries  
Southern Illinois Miners  
Windy City Thunderbolts

### Other

Italian National Baseball Team  
Professional Race Car Drivers  
United States Soccer – Developmental  
United States Water Polo – Developmental