



# Development

• Speed, Strength & Power •

P.O. Box 211498 Chula Vista, CA 91921

Cameron T. Gary

619. 895.4699

## Training Fee Schedule

### Private (1 – 2 Participants) Training Sessions:

#### One-Hour Training Session

Monday – Wednesday – Friday - Saturday/Sunday (Contact the JumpMaster for scheduling)

- 1 session: \$100 per hour
- 2 – 3 sessions: \$75 per hour
- 4 or more sessions: \$60 per hour

### Group (3 - 6 Participants) Training Sessions:

#### One-Hour Training Sessions

Monday - Wednesday – Friday – Saturday/Sunday (Contact the JumpMaster for scheduling)

- **One** session per week: \$40 per session – 6 session minimum
- **Two** sessions per week: \$35 per session – 12 session minimum
- **Club** members: \$75 registration, \$120 per month (6 month minimum, *unlimited* training)

### “Members-Only” JumpMasters Website (only – no coaching) Access

- **In-Season** Monthly Access (updated *continuously*): January - June
  - \$50 per month: Month to Month
  - \$40 per month: 3 month minimum
  - \$25 per month: Season Access (6 months)
- **Off-Season** Monthly Access (updated *occasionally*): July - December
  - \$20 per month
  - During the off-season, the jump site is updated occasionally

The training “hour” is actual training time. It does not include preparation or break-down periods. These rates include the use of plyo boxes, resistance bands, hurdles, drag tire/chutes, pulling harnesses, field weights, kettlebells, and other miscellaneous equipment.

Consultation includes video review/critique of practice sessions and (track & field) competitions and access to the “members only” area of my website.. If you wish to provide video, I will explain the most effective way to film competition efforts. I also provide insights on warm-ups, cool downs, approach running/sprinting, competition preparation, diet, rest/recuperation, proper equipment, how to manage injuries. Much of this information is basic – but NOT obvious!

Jumping and Sprinting are SKILLS. All skills can be taught. Natural ability is helpful - but the world is full of talented people who never realize their potential. I systematically teach basic skills (which form the foundation for high-level skills) in a fun, easy to understand format. You **will** get more than your money’s worth!