



GAME SPEED PERFORMANCE ACADEMY

Welcome!!!

Welcome to the Game Speed Performance Academy, where we provide comprehensive, cutting-edge training for athletes of all ability levels. We are honored to train you and committed to providing you with the best service we can. We seek to improve strength, agility, balance, flexibility, and speed in an effort to obtain a healthier lifestyle, for life. Through high-intensity strength training we will achieve maximum performance through the sharing of the GSPA philosophies and expertise. It will give us great pleasure to work with you on the goals we set and we look forward to seeing you reach new levels in your abilities.

Here are some important steps you can take toward better health:

- ✓ Follow the nutritional advice included in this package.
- ✓ Stretch thoroughly after every session.
- ✓ Don't smoke cigarettes or use other tobacco products.
- ✓ If at all, drink alcohol in moderation, and never drive when you've been drinking.
- ✓ Learn about ways to deal with stress and tension.

Please contact us whenever you'd like to talk about anything you think may be affecting your health. It's our hope that we can have a relationship where the lines of communication are open and communication goes both ways. We will listen to you at least as much as we talk. Let's work together to help you reach your physical goals in life that you deserve.

Sincerely,

Antonio Coleman, Sr.

Game Speed Performance Academy
18909 South Miles Road Cleveland Ohio 44128
Training In The True Essence of Athleticism!
coach@gamespeedohio.com
www.gamespeedohio.com



GAME SPEED PERFORMANCE ACADEMY

GAME SPEED PERFORMANCE ACADEMY is a functional strength and conditioning program for speed that will improve your performance in any sport.

Our Mission

As health and fitness performance experts **GAME SPEED PERFORMANCE ACADEMYS** primary responsibility is to assist individuals in reaching their fullest potential through comprehensive cutting-edge training for athletes of all ability levels.

Our Vision

GAME SPEED PERFORMANCE ACADEMY provides individuals with professional training in the true essence of athleticism; using the techniques, tools, and motivation necessary to maximize athletic performance.

Our Philosophy

We are committed to developing the physical, spiritual and mental attributes that are essential to succeed in a safe, inspiring, and relentlessly positive environment. **GAME SPEED PERFORMANCE ACADEMY** focuses on instilling the core values of hard work, dedication, and self-discipline in sessions that are structured to include dynamic warm-ups, flexibility, coordination, and balance exercises; with a strong emphasis on concentric, eccentric, isometric, and plyometric movements for stability and speed.

Our Services

One on One Training

Our trainers customize strength, agility, and speed programs to fit client's health, ability, and goals.

Group Training

Work on team dynamics and increasing your athleticism with specific team training programs available at Game Speed Performance Academy in facility or at your own practice fields.

H.I.R.T.

High Intensity Resistance Training, the Real Boot Camp, is a training program designed by the Game Speed Performance Academy to get you real results for life.

INJURY ASSESMENT

We provide the necessary training that transitions the athlete from the end of PT to participation in active sports training.

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MEET THE TRAINER

Antonio Coleman, Sr. is a top performance coach dedicated to training, directing, and teaching athletes to reach their next level. With this, he introduces each of them to his functional strength and conditioning program that enhances performance in everything they do. Coleman challenges clients to push past the pain in order to become next level champions. His 15 years of coaching and training led him to create an effective program that maximizes the neuroendocrine response that will catapult the athlete into a faster, stronger more enduring self. His passion for high-intensity strength training that translates into maximum performance, led him to create the Game Speed Performance Academy. Game Speed provides comprehensive, cutting-edge training for athletes of all ability levels. For those that seek it; this program is committed to developing the physical, spiritual, and mental attributes, with a specific focus on instilling the core values of hard work, dedication and self-discipline. Game Speed will test the upper limits of the human capacity for pain.

On his quest to gain extensive knowledge about the anatomy and physiology of the human body, Coleman earned three certifications: Personal Training and Sports Nutrition, National Personal Training Institute, and Level 1 CrossFit Training. Toting the mantra of his organization: growth, dedication, and hard work, Coleman has also sought out and is currently pursuing a Bachelor's of Science degree in Exercise Science. Always striving to bestow his expertise, he has worked with a broad spectrum of clients; ranging from elite athletes to fitness neophytes. Coleman exudes the drive, passion, and persistence necessary to create a movement towards healthy lifestyles. The love and passion he has for education, sports, and health and wellness, coupled with his dedication to the athletes he has worked with, has generated an immense amount of respect within the coaching community.

As an experienced high school track coach, Coleman created several successful programs. Including, but not limited to: breaking 16 school records at Twinsburg High School, qualified 56 Sprinters and hurdlers in the Indoor and Outdoor Ohio State Track and Field Championships, Midwest Meet Of Champions Hurdle, 400m and 4x400, winning the Championship title five out of seven years. As Head coach at Garfield High School, he created a successful track program breaking 6 school and 4 conference records and the girl's track team qualified to the state championship in the 4x200 and 4x100 relays for the first time in school history. This past season in his first year as Head coach at Warrensville High School the 400m dash school record was broken.

Through his many accomplishments and vastly growing success, Coleman makes it his mission to continuously give back. In addition to the speed, agility, and strength training programs he's created, he also makes an effort to teach young men how to love through mentoring. "A truly healthy lifestyle encompasses mind, body, and spirit and I understand you cannot give what you do not have; I want to encourage others to be their best version of self" says Coleman.

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REGISTRATION

Full Name _____ Date of Birth ____/____/____
Address _____
City _____ State _____ Zip _____
Phone () _____ Email _____
Height _____ Weight _____ Goal Weight _____ Sport _____
Position _____ Event _____
Emergency Contact _____
Phone () _____ Relationship to participant _____
College Attended (N/A if none) _____
Professional Experience (N/A if none) _____
Email Address _____
Any pre-existing injuries _____

Release/Assumption of Risk Agreement

In consideration of gaining access to participate in activities associated with Game Speed LLC, I understand this is a very intense strength and conditioning program. I do hereby waive, release, and forever discharge Game Speed and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damages resulting from my participation in any activities in said program. _____ (Please initial)

- The use of facility equipment
- The performance of fitness-related evaluations to access functional capacity
- The participation in group activities related to exercise and activity
- Incidents that occur within the institutional facility, locker rooms, dressing rooms, showers, and other areas associated with Game Speed.

Signature _____ Date _____
PARENT /Guardian _____
PARENT /Guardian Signature _____ Date _____
Phone /Contact Number () _____

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STAFF ONLY

40 YARD dash	1 _____	2 _____
Push-ups	1 _____	2 _____
Pull-ups	1 _____	2 _____
One leg Squat	1 _____	2 _____



GAME SPEED PERFORMANCE ACADEMY

TRAINING AGREEMENT

HOURS: Monday-Friday 7am-7pm by appointment

LOCATION: All sessions will take place at The "Word" Church MultiPlex Arena
18909 South Miles Road Cleveland, OH 44128

TERM: All clients have agreed to a minimum of 12-week (3 months) commitment. It is normal to experience soreness for 2-4 days after a session (no matter how long you have been training).

COST: Summer Special!!! 5 sessions per week! A monthly payment of \$200.00 (\$10.00 per session) or four weekly payments of \$60.00. All payments must be made **before** each session. Payments can be made weekly or monthly by PayPal, cash, check, or money order. **Make Checks Payable to: GAME SPEED, LLC** (There will be a \$35 fee for all returned checks).

This is a professional and safe environment that consists of the utmost respect and confidentiality between the Trainer and the Client at all times. Should the Client have any questions, concerns, or feel uncomfortable during any point of the session (example: uncomfortable with being touched while the Trainer/Trainee is explaining a move or partner stretching) please bring it to the coach's attention so that the any issues can be resolved. With respect to each other's commitments the Trainers schedules must be honored; cancellations must be made no later than 24 hours in advance than scheduled appointment time.

Assumption of Risk and Release for Participation in Personal Training Program

I, _____, wish to participate in the personal training program provided by Game Speed LLC. I realize that my participation in this program involves the risk of disabling injuries, including, but not limited to, heart attack, stroke, bodily injuries and even death. Notwithstanding, I hereby expressly a) assume all such risks of injury which could occur by my participation in this personal training program; and b) release Game Speed and its Staff from all liability associated with the risks of participation in this personal training program. Should I suffer injuries or death, I, as well as my heirs, relatives, executors, administrators, agents, attorneys, insurers, and assigns, hereby acquit, release, and forever discharge Game Speed LLC and its Staff, as well as its agents, insurers, family, and heirs, of and from all causes of action, claims, demands, and damages of any kind or character whether known or unknown during the time of my personal training program or that arrive after ending my personal training program on account of or by reason of any event causing injury or death to me during or after my personal training program, including but not limited to negligent instruction and supervision. I have had an opportunity to ask questions and any questions I have asked have been answered to my complete satisfaction.

***Please sign and date agreeing to the terms of this Agreement:**

Signature _____ Date _____
PARENT /Guardian _____
PARENT /Guardian Signature _____ Date _____
Phone /Contact Number () _____

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NUTRITION

At the Game Speed Performance Academy we believe that in order to maintain a healthy lifestyle for life, we must follow a nutrition plan that will last a lifetime. Our research has proven that you do not have to cut variety or flavor in order to lose weight and build muscle. We created a plan that will allow you to enjoy food without getting bored or frustrated. GSPA recommends eating six small meals a day which include the following:

✓ **Eat lean meats**

Lean Meats are packed with important nutrients that help the body's metabolism, aid in red blood cell formation, play a vital role in our nervous system, building bones, energy level, and immune system.

✓ **Drink plenty of water**

Water is essential for our blood, digestion, and immune system.

✓ **Eat plenty of fresh fruits and vegetables**

Fruits and Vegetables contain essential vitamins that may help protect you from chronic diseases, variety of antioxidants, flavonoids, vitamins, minerals, and fiber which are all necessary ingredients for good health and a healthy bowel.

✓ **Eat plenty of nuts and seeds**

Many nuts are good sources of vitamins E and B2, and are rich in protein, folate, fiber, and essential minerals such as magnesium, phosphorus, potassium, copper, and selenium. People who consume nuts on a regular are less likely to suffer from coronary heart disease

✓ **Cut out refined foods**

Refining foods destroys and devitalizes most of foods goodness. For example refined sugar is stripped of its nutrients and causes type 2 diabetes, depletes your immune system, makes you tired and hungry, once you break the cycle you can treat yourself to a sugar once a week or once every two weeks.

GSPA Sample Meal Plan for a Day

- **Meal 1 (Breakfast):** Oatmeal, Eggs, and Turkey Bacon/or Sausage and Water.
- **Meal 2 (snack):** Protein Shake, Almonds, and 2 pieces of Fruit, Slices of Turkey Lunch Meat and Water.
- **Meal 3 (lunch):** Flax Bran Whole Wheat Wrap with Turkey Meat, Cucumbers, Spinach, Tomatoes, and Vinaigrette Dressing, Veggie Chips and Water.
- **Meal 4 (snack):** Fruit, Almonds, Lunch Meat, Small Salad, and Water.
- **Meal 5 (dinner):** Steak, Broccoli, Carrots, and Side Salad with Vinaigrette Dressing and Water.
- **Meal 6 (snack):** Vegetable, Lunch Meat, or Good Fat (Nuts).

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QUESTIONNAIRE (page 1 of 4)

Health History

Do you have now or have you had within the past year, any of the following (please check all that apply):

- A personal or family history of heart problems, stroke, or coronary disease?
- A personal history of high blood pressure (above 140/90)?
- A family history of high blood pressure?
- Skin tumors, skin cancer or melanoma?
- Cancer? Type(s): _____
- Any infectious progressive illness, such as Hepatitis B, Acquired Immune Deficiency Syndrome, or other conditions?
- Diagnosed heart murmur?
- History of breathing or lung problems?
- Hay fever or allergies?

- High cholesterol? Latest results: _____
- Asthma, emphysema, bronchitis?
- Hospitalization within the last year?
- Diagnosed disc problem(s) or hernia?
- Eating disorder?
- Any circulatory disorders?
- Neuromuscular/neurological disorders such as seizures?
- Active rheumatoid arthritis?
- Fainting, convulsions, recurrent headaches, dizziness?
- Osteoporosis?
- Chronic illness or disease?
- Digestive problems?
- Nervous or mental disorder?

Are you currently pregnant? Yes No If yes, how far along are you? _____

Do you smoke cigarettes? Yes No If yes, how many per day? _____

Are you diabetic? Yes No If yes, how is it controlled? _____

Are you under the supervision of a doctor due to a recent illness or surgery (please explain)? Yes No

Do you have discomfort or pain in your neck, shoulder, elbow, forearm, knee, lower back, or hip when you are working out (circle all that apply)? Other area? _____

Do you have trouble sleeping? Yes No How many hours do you sleep on the average night? _____

Please list the date of your last physical examination: Month/Year _____ / _____

Is there any reason that you should not exercise?

Has your doctor recommended that you lose weight? Yes No

Has your doctor recommended that you begin a fitness program? Yes No



GAME SPEED PERFORMANCE ACADEMY

QUESTIONNAIRE (page 2 of 4)

Medications

Are you currently taking any of the following medications (please select all that apply)? _____
Prescription medications? Please list:

_____ Over-the-counter medications? Please list: _____

_____ Dietary supplements? Please list: _____

_____ Laxatives or diuretics?

_____ Hormonal therapy?

Exercise History

Current Weight: _____ How long at this weight? _____

Have you ever had a personal trainer before? Yes No Did you train at home or gym? _____

What did you like most about working with him/her? _____

What did you like least about working with him/her? _____

What would you like to accomplish through your training program with me?

Aside from technical knowledge and personal attention, what type of motivation do you require and expect from a trainer?

What can we do together to make your exercise program more enjoyable?

Please rate your exercise level on a scale of 1 – 5 (5 being very strenuous) for each age range throughout your life up through your present age range:

_____ 13 – 20 _____ 21 – 30 _____ 31-40 _____ 41-50 _____ 50+

Were you (or are you) a high school or college athlete? If yes, please specify:



GAME SPEED PERFORMANCE ACADEMY

QUESTIONNAIRE (page 3 of 4)

Do you have negative feelings toward, or have you ever had a bad experience with, a physical activity program? If yes, please explain:

Rate yourself on a scale of 1 - 5 (1 being the lowest value). Check the box number that best applies:

Characterize your present overall athletic ability.

____ 1 ____ 2 ____ 3 ____ 4 ____ 5

Characterize your present cardiovascular (aerobic) activity.

____ 1 ____ 2 ____ 3 ____ 4 ____ 5

Characterize your present muscular capacity (strength).

____ 1 ____ 2 ____ 3 ____ 4 ____ 5

Characterize your present flexibility capacity.

____ 1 ____ 2 ____ 3 ____ 4 ____ 5

When you exercise, how important is competition?

____ 1 ____ 2 ____ 3 ____ 4 ____ 5

Do you start exercise programs but then find yourself unable to stick with them? Yes No

If yes, please describe typical barriers:

Are you currently involved in regular cardiovascular exercise? Yes No

If yes, what type and how often? Type(s): _____

_____ minutes per day _____ days per week

If applicable, rate your perception of the exertion of your current exercise program:

____ Light ____ Fairly Light ____ Somewhat Hard ____ Hard

How long have you been exercising regularly? _____ Months _____ Years

What would you most like to change about your health or the way you look?



GAME SPEED PERFORMANCE ACADEMY

QUESTIONNAIRE (page 4 of 4)

Use the following scale to rate each goal as it relates to an exercise program:

Not at all Somewhat Important Extremely Important

- | | | | | | | | | | |
|--------------------------------------|---|---|---|---|---|---------------------------------|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Improve cardiovascular fitness _____ | | | | | | Improve flexibility _____ | | | |
| Body-fat loss/weight-loss _____ | | | | | | Relieve stress _____ | | | |
| Reshape or tone my body _____ | | | | | | Improve sport performance _____ | | | |
| Build more muscle _____ | | | | | | Feel better _____ | | | |
| Increase strength _____ | | | | | | Healthier lifestyle _____ | | | |
| Increase energy level _____ | | | | | | Personal enjoyment _____ | | | |
| Lose pregnancy weight _____ | | | | | | Gain weight _____ | | | |
| Prepare for special event _____ | | | | | | Date of event: _____ | | | |

Is there anything else that you think your trainer should know about you?

How did you first hear about Game Speed Performance Academy?

- _____ Business card
- _____ Flyer/brochure
- _____ Printed advertisement
- _____ GSPA website
- _____ Met a CP trainer
- _____ Car magnet
- _____ Other website
- _____ Brochure/Flyer
- _____ Referred by: _____
- _____ Other: _____