

# FOR ATHLETICS

ICPH works with athletes ages 13 and up who seek an advantage to “being better” in sport and life.

Our team of sports performance experts will design a unique and integrated plan for you driven by your goals. You will leave with a clear and focused plan with definitive results from a variety of sports specific assessments. We can coach you on how to make the necessary changes to reach your goals.

All geared specifically toward improving your athletic performance.

## SPORTS PSYCHOLOGY INVENTORIES

- **Emergenetics Profile** Utilize your unique thinking and behavioral preferences to optimize performance.
- **Performance-Health Profile** Examine and improve 15 health habits that help or hinder your stress management

## 360 ADVANTAGE <sup>SM</sup>

- **Medical History & Review** Evaluate your current health status, know your risks
- **Biomechanical Assessment** Efficient, dynamic movement, musculoskeletal performance
- **Full exercise physiology testing** Sport-specific testing and training plans
- **Nutrition consultation** Sports specific fueling and hydration strategies
- **Psychological assessment** Optimum mental habits and routines
- **Strength & Conditioning Assessment** Balanced strength, speed and agility
- **Massage Therapy** Fluid motion, injury prevention



INTERNATIONAL CENTER FOR  
PERFORMANCE & HEALTH

DENVER, COLORADO

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