



The Progressive Athlete
Progression. Over. Everything

HIGH
PERFORMANCE
PROGRAM

**CONTACT
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INTRODUCTION

The mission of The Progressive Athlete (TPA) is to help Student-Athletes between the ages of 13 years old and 19 years old, to be able to unlock their full potential in the realm of sports!

Our TPA High Performance Program is designed to enhance the sporting experience for the players. Data is king when it comes to improving yourself. We are able to track a player's performance through gathering data such as journal entries, personalized workouts, and personalized meal plans through the FitSW app.



OBJECTIVES

The objective of our TPA High Performance Program is to bring a holistic approach to sport for the student athlete. The program aims to bring soft skills and hard skills of the student athlete together in order to help them reach optimal levels of performance.



VALUE ROPOSITION

The student athlete can uniquely benefit from the program as it also focuses beyond developing the hard skills of playing sport to include soft skills which filter through other important aspects of their lives such as academics. The student-athlete will have access to the following:

- Certified Fitness Instructor- Personalized Workouts
- Certified Diet and Nutrition Coach- Nutritional advice, Meal Planning
- A database of 100+ exercises along with demonstration videos
- Access to our Self-Improvement Podcast (Top 1% in the Education Category 2022)



APPROACH

1. Assessment



Time is spent with the student athlete to formulate their plan for the season. We tackle the following topics:

- Goal Setting
- Individual Values
- Journaling
- In-Form Strategy (How to maintain good form)
- Off-Form Strategy (How to get back on track and reach good form)

2. Implementation



We do the scheduling for when the goal setting sessions, and individual value sessions. The in-form and off-form strategy would come into effect as the month progresses.

3. Support



Troubleshooting is done should the student athlete is not performing. This is when the off-form strategy would come into full effect. We also provide nutritional & physical support for the student athlete's benefit, through personalized workouts and meal plans.

4. Review



We spend time doing reflection on the season. We discuss how well the student athlete did and what can be done in the future. A report will be included to bring closure to the month.



FEE STRUCTURE



MONTHLY FEE
R1 500 per player



YEARLY FEE
R10 000 per player





WHATS INSIDE

- Goal Setting
- Individual Report
- Journaling
- In-Form Strategy
- Off-Form Strategy
- Personalized Workouts
- Personalized Meal Plans
- Troubleshooting
- Access to a Certified Fitness Instructor
- Access to a Certified Diet & Nutrition Coach
- Access to a database of 100+ exercises along with demonstration videos
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PROFILE



Mietani Chitambira
CEO & Founder
Head Trainer

The world of sport has been a part of my life from a very young age and I have had the opportunity to play sports in 3 different countries in Southern Africa. This has broadened my view of different cultures embracing their sport.

In 2019 I was a Hockey Coach for U11 Boys & Girls and U13 Boys & Girls at Sifundzani Primary School. I've won 3 festivals and lost 3, and the standout performance would be the u13 Boys Hockey squad which scored 22 goals in 12 games and won 1st place at the festival, Best Player and Best Goalkeeper.

Sport has the power to instill principles that can help any individual excel in their life. It has worked for me, I have seen it work for others and through my work, I aim for the student athlete to experience the same feeling.

CREDENTIALS

Certified Fitness Instructor
Certified Diet & Nutrition Coach





The Progressive Athlete

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