

2017 PRICE LIST



Mental Coaching

We teach you to think differently by developing new habitual thinking patterns to focus on desired success which are results oriented.

- Structure is focused on personal confidence development, visualization and an understanding of personal energy, how to utilize it to create/increase success.
- All programs are customized for each individual based on personal goals and desires.
- Includes a personal AMAP (Athlete Mental Aptitude Profile)
- Choose from remote, on-site or combination.
- Pricing available upon request, packages start at **\$500**

AVE – Audio Visual Entrainment

Training with the AVE Personal System assists in putting the athlete in a different state of mind to excel

- Various packages ranging from 20 minutes to 50 minutes
- **\$15-\$25**/per session depending on program

PEMF – Pulsed Electro Magnetic Frequency Therapy

“PEMF” is a simple, fast, and effective way to improve the healing potential of every cell in your body. PEMF improves cellular metabolism with electromagnetic pulses at a frequency that is most recognized by our cells, reestablishing healthy cellular function, which ultimately leads to improved energy and capacity for healing!

- Various packages ranging from 8 minutes to 24 minutes
- **\$10-\$25**/per session depending on program
Home Rental Available



Concussion Base Line Test

Includes reaction and cognitive testing **\$50.00**

Concussion Re-Testing

In the event of any head contact or injury, the individual can be re-tested against the baseline of either the original concussion testing or training. **\$50.00**

ACCUHEALTH 900 – Acupuncture Energy Point Stimulator

The Acuhealth Pro 900 has been accepted by the professional community as an instrument affording great relief to many people suffering pain or discomfort. The principals of acupuncture are based on the stimulation of certain points throughout the body.

- **\$10-\$15** per application

**CUSTOMIZED PACKAGES and
FAMILY/TEAM RATES AVAILABLE.**



#14 – 44 East Beaver Creek, Markham, ON L4B 1G8
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IN DEPTH SKILL MEASUREMENT & WRITTEN EVALUATION Achieve Your Specific Goals with Your Ideal Training Plan



An evaluation is an important step in determining the strengths and weakness of an individual to enable us to tailor a training program that is just right. By completing this 5-part process, we can ensure that you get the maximum benefit and achieve your specific goals in areas of sports enhancement, academic, focus and excellence. The program includes the Dynavision D2 as well as a Vizual Edge Evaluation for depth perception, alignment, convergence and divergence. 11 Dynamic Visual skills are measured including stress effects and a detailed written report is provided upon completion. It is recommended to complete this evaluation within a two week period or less.

\$199.00

Mental Fitness Discovery Session

Optional 6th step is available to determine how an individual reacts to certain situations. By completing an Athlete Mental Aptitude Profile (AMAP), we are able to recognize what reactions are typical in certain situations or how they feel about themselves and their abilities during stressful situations vs practice etc. It will also give us an understanding of what areas they struggle in and what they excel in, along with their goals and future targets, therefore determining the best program and training process to follow.

**ASSESSMENT – \$100 - \$150 FOR
30 - 45 MINUTES**

DYNAMIC VISION TRAINING

There are many benefits with DVT, but some of the more noticeable skills are an increased situational awareness allowing the player to be more aware and increase their ability to accurately predict and react to developing plays. These skills allow a player to have a significantly better chance of avoiding hits and therefore, fewer concussions and overall enhanced performance.

There are three (3) program formats to choose from. It is generally recommended that most individuals start at the Level 1 to gain familiarity and build upon their skills. Depending on skill and/or age, a higher level may be appropriate.

Within the Level 1 program, if you have already done the in-depth evaluation, you can proceed with the training package without the basic evaluation. To realize the best results, a 10-package program is recommended. If an In Depth Evaluation has not been completed, you can start with the Basic Evaluation plus an additional 7 training sessions to complete a 10-package program. You can then add on additional training sessions in 5 or 10 unit packages in either the Level 1 or 2 options. Level 2 is a more complex program, which includes additional visual training programs. Working past your threshold will ensure maximum results..

Level 1 with Basic Evaluation (non written report)

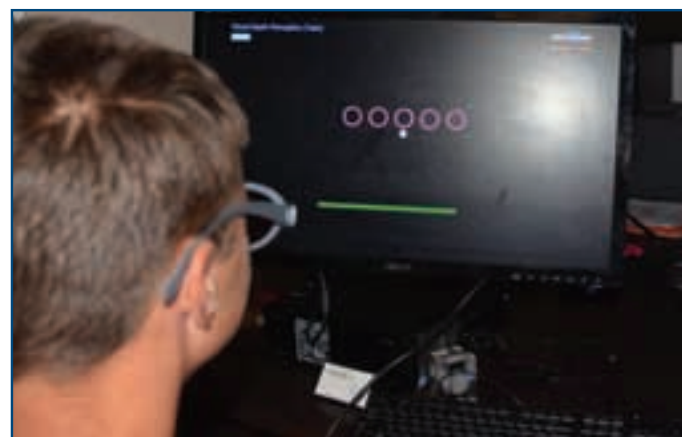
- Includes 3 sessions of evaluation – 30 minutes x 3
- 7 training sessions – approximately 20-30 minutes each **\$300.00**

Training available after In Depth Evaluation: Level 1 A - Dynavision Only

- Includes 10 sessions approximately 20-30 minutes each **\$300.00**

Level 1 B - Dynavision + Brain Training (or Visual Response Training)

- Includes 10 Dynavision sessions approximately 20-30 minutes
- Either one Dynavision run or NeuroTracker and/or Vizual Edge **\$350.00**

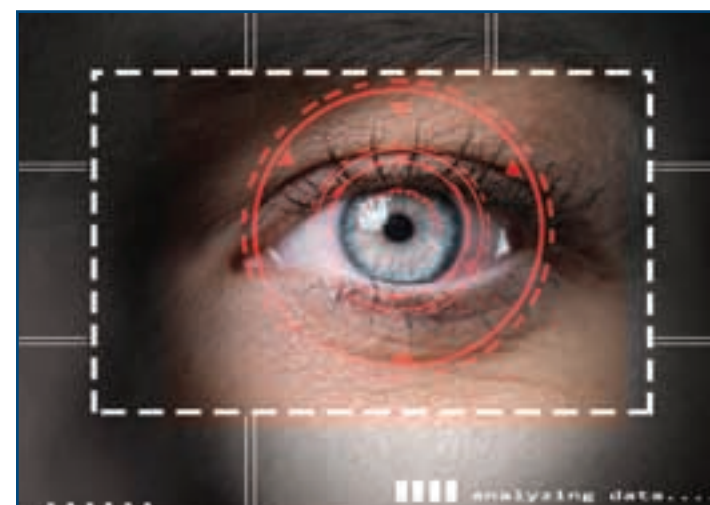


Next Packages – Upon approval from Optimum Edge trainer

- 5 @ **\$150.00**
- 10 @ **\$250.00**
- 15 @ **\$350.00**

Level 2 Elite – Athlete Preparation and Training (Pre-requisite - in Depth Evaluation + Approval from Trainer)

- Includes 10 sessions of training (approximately 45 minutes), comprising of D2 training along with either Vizual Edge or NeuroTracker training
- Advanced cognitive process and stress effects training
- Very specific tracking including goal setting and achievements
- 10 @ **\$500.00**
- 15 @ **\$700.00**



CUSTOMIZED PACKAGES and FAMILY / TEAM RATES AVAILABLE.

NEUROFEEDBACK and BIOFEEDBACK

Discover Your Optimum Edge

Train your brain. Improve your sleep, health, focus and quality of life. Decrease anxiety and stress symptoms rapidly.

- FREE Initial consultation includes in-depth health questionnaire, goal setting and assessment.
- Approximately 45 minutes (33 minute training) per session
- 10 package sessions @ **\$650.00**
- Individual sessions @ **\$75/each** (limited availability)
- Review our brochure and/or website for further details

For Optimum Results –

Doing 2 sessions per week will provide faster results. A 6-week program (12-20 sessions) should provide up to a 20% performance enhancement.



Neurofeedback – Level 2

Pre-requisite 10 sessions. Live Your Optimum Edge.

Following your initial 10 session program and assessment, long-term packages are available to help you optimize in all areas of your life. May be combined with Mental Coaching to accelerate progress.

- 3 month package
- 6 month package

NEUROFEEDBACK – Home Training Package

Train at your convenience in your own home.

- Virtual consultation and in-take/training session required
- **\$1100 - \$1500** with 20-30 pre-programmed sessions.
- Deposit required.