

NoMagicBean.com

2007 FITNESS PROGRAMS & PRODUCTS



All potential client programs begin with an Initial Consultation. The initial consultation will vary slightly from person to person but allows for information and history gathering from the athlete, determines current fitness level, establishes short and long term goals, and is done over a period of time through email, phone or in-person to assure that they are all in agreement as to the program's focus. This is included in and is part of all programs.

If after the initial consultation, it looks like what we do works best for you (and vice versa), then we design and then deliver the program.

During the duration of the program, NoMagicBean.com periodically follows-up with education on related aspects of training outside of your specific program. Monitoring your progress is done through a simple weekly web-based reporting form or face-to-face (depending upon the design of the program).

The amount of time we meet (and the amount of time you train alone) is determined by you and your objectives. We always try to place as much responsibility on the client as realistic in order to make sure that the client understands that this is a partnership. We won't be doing this FOR you, but guiding you through this journey.

We do our best to make sure that if what we offer might not be the best fit for you, we'll tell you. As a company, this might not make the best business sense, but in this field, the best policy is honesty. Telling someone that you can offer them everything is simply not realistic.

For these reasons, we take very few new clients each year. The ones we commit to, we commit to. We are very proud that our older clients stay in touch as they compete through college and older.

If we don't think what we do will be best for you, we'll contact others to find one that will work for you.

That is my promise.

Paul Cacolice

Owner

Cacolice Conditioning & Consulting, LLC

NoMagicBean.com

NoMagicBean.com



Cacolice Conditioning & Consulting, LLC
www.NoMagicBean.com
PO Box 3461, Enfield, CT 06083-3461 USA
Phone: 860.763.3147
Email: ice.pac@cox.net

NoMagicBean.com

2007 FITNESS PROGRAMS & PRODUCTS



MACROCYCLE TRAINING SEASON PLAN:

\$580 plus one time \$75 start up

For the athlete that knows what they want to achieve, but wants the full plan to get there. This is a detailed, multi-phase training program detailing what and when and how for every day in one training cycle from end of previous season through desired peak of next season. All components of fitness are included in the design and delivery of this program – dynamic & static flexibility, aerobic endurance, the different anaerobic endurance, muscular power, injury prevention, reaction speed, first 3 step speed, change of direction speed and more. Included in this item is on-line weekly reports and feedback when indicated. The program is emailed in phases each lasting 6-14 weeks (depending upon program limitations).

DETAILED EVALUATION OF FITNESS:

\$275

Do you do your own training or train with others, but want to really know how fit you are? Do you think you might be fit, but be at risk for athletic injuries like anterior cruciate ligament strains / tears?

We can provide a detailed, hands-on, filmed multi-component fitness evaluation with emphasis on injury risk factors and movement technique. Clients receive a detailed printed report and DVD of test skills at the end of the examination.

HOURLY CONSULT:

\$75 per hour

If you are an athlete who has developed a 3 month, 6 month, or year plan and is solid on what is needed in a weekly training routine this may be the best option. As the athlete you come armed and ready with questions/concerns you may have (plus your written plan) about your training, tapering, nutrition or racing plans. Here we can advise on how to adapt, tweak, or alter the program during a given week or over the entire year

FACE-TO-FACE COACHING:

\$80 per hour plus travel

-This services has unlimited possibilities so use your imagination!

SUMMER SMARTraining:

\$225.00 for 8 week class program (16 training sessions)

SMARTraining is a fitness development progression from **base training** through **pure strength training** to **power training**. This training is designed to reduce the recovery necessary from the intense bursts of activity and power that occur at elite levels of certain sports. This training progresses over the entire summer to develop as sound a fitness base as necessary to excel!

Attendees are teenaged males and females who play power and speed-based sports such as ice hockey, soccer, football and lacrosse.

Training is performed in several small ability-based groups within each class. Training is adapted to the ability of the attending students.

This unique program places highly experienced, active instructors with motivated, eager students to not only program the proper activities, technique, volume and intensity of training, but to **progress** them throughout a full training cycle. This minimizes training plateaus and achieves optimum progression. The premise of the program is to prepare the young athlete for late summer / early autumn sport play. Students are enrolled in a first-come, first-enrolled basis. No students will be added once the class is closed.

Group One: Ages 11-15

Group Two: Ages 16-19

GROUPS WILL BE LIMITED IN SIZE to assure proper instruction and supervision.

NoMagicBean.com



Cacolice Conditioning & Consulting, LLC
www.NoMagicBean.com
PO Box 3461, Enfield, CT 06083-3461 USA
Phone: 860.763.3147
Email: ice.pac@cox.net