

TIER 1 ATHLETIC PERFORMANCE, LLC

Sport Specific Performance Training
To Perform & Compete at Your
Highest Level

Tier 1 Specializes in:

- ◇ Small Group Training (10 or less)
- ◇ Specific Sport Groups
- ◇ Medical Oversight
- ◇ Nutritional Requirements
- ◇ Regular Performance Testing
- ◇ Increasing Athlete's Expectations
- ◇ Partnership with NCSA
- ◇ In-season Supplemental Training
- ◇ Off-season High Level Training
- ◇ 3 day/wk Athletic Development
- ◇ 4 day/wk Advanced Performance

Tier 1 Athletes are consistently being challenged while learning to expect achievement on a personal and athletic level. Accomplishment with:

~ NO EXCUSES ~

Our Promise:

Every Tier 1 athlete will receive a comprehensive program to fully develop his/her sport performance. Participants will work harder than they thought possible while practicing elite level nutrition with state of the art recovery techniques. Your athlete will be prepared to perform at his/her highest level from the beginning of the season forward.



TIER 1 ATHLETIC PERFORMANCE

Training locations in Westmont and Plainfield

776 Burr Oak Dr.
Westmont, IL 60559

23810 W. Industrial Dr.
Plainfield, IL 60585

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sport specific performance training

TIER 1 ATHLETIC PERFORMANCE, LLC

MORE THAN A CROSS-
TRAINING FACILITY
TIER 1 IS YOUR
ATHLETE'S SPORT
SPECIFIC PERFORMANCE
DEVELOPER



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training*

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www.Tier1AthleticPerformance.com
www.facebook.com/Tier1Athletes

COMPETE AT YOUR HIGHEST LEVEL

Tier 1 believes it is our responsibility to prepare and develop your athlete's body and mind to reach their highest potential.



Strength, Power,
Agility, Quickness,
Coordination, Results!

With our history in developing athletes of all ages, performance levels and individual sports... we utilize our collective professional skills and backgrounds to create individualized programs incorporating physical assessments, correct nutritional objectives and sport specific component requirements while maintaining on-going monitoring and advancement of your athlete's performance goals. Our structure increases athletic performance and minimizes competitive risk of injury for your athlete's sport.

Our athletes' results yield a feeling of personal achievement. They recognize they worked very hard and earned it. This translates to increased game time, team respect, confidence and self esteem.

Tier 1 is a program of commitment. From your athlete to their endeavor and from us to your athlete. We would welcome the opportunity to work with your son / daughter; to accomplish goals they weren't aware they could achieve ... then increase them!

Thank You,
Don Lewis, Principal

Tier 1 Athletic Performance, LLC

“sport specific performance training”

SPORT SPECIFIC PROGRAMS

Tier 1 currently maintains the following individual sport programs for boys and girls:

- ◇ Hockey
- ◇ Golf
- ◇ Football
- ◇ Soccer
- ◇ Swimming
- ◇ Lacrosse
- ◇ General Athleticism Training

Our programs strive to achieve a “partner parity” by sport group thereby maximizing training efficiencies within similar training levels, minimizing your training downtimes.

DISTINCTIVE DEVELOPMENT

Athletes in different sports need different training. A hockey player does not need the same training as a swimmer. Tier 1 trains for superior performance in your specific sport i.e. Hockey players need strength, speed, endurance, hand eye coordination, balance, core strength, agility and separation of lower and upper body. Only Tier1 trains all of these areas to ensure players are ready for the upcoming season and offers ongoing programs to supplement in-season training. Tier 1 also provides pre and post testing and medical oversight (we have not had a single athlete miss a training session due to injury).



Individualized training ...
for maximum execution
and ... minimized risks.

We teach Tier 1 athletes to train correctly and to know by balanced feel when something is incorrect. Additionally, all our athletes receive an individualized and mandatory diet program to maximize training.

SYNERGISTIC STAFFING

Tier 1 staff possesses a unity of purpose and focus. Staff members are committed through the depth of their experiences that uniquely fit the overall strategy.

Don Lewis—Operations Director:

Don is well recognized for his 26 years of experience training and coaching youth athletics as well as his experience in managing/operating major health clubs.

Dr. Mark May DC; CSCS—Medical Director:

Doc is well known for his experience with sports physiology and development, flexibility, agility, balance, speed, and injury prevention exercise techniques. A Chiropractic Physician with certifications in massage therapy, personal training and acupuncture, Doc provides hands on training guidance for our athletes as well as medical oversight.

Mark Bayers

Mark Bayers has been an ISFTA Certified Personal Trainer since 2011. Mark has been a training instructor since 1977, including time as the Head Strength Coach at Illinois Benedictine University and Strength Coach for the Chicago Young Americans.

Your athlete has the benefit of working as a team member with all 3 of us to accomplish their objectives. Our constant involvement as their trainers provides us with regular, consistent knowledge of their physical increasing achievements.

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