

ARC Performance BASKETBALL



OUR PROGRAM

1. ARC Performance programs are designed to address basketball specific needs.
2. All athletes receive a comprehensive ARC Athletic Profile. This comprehensive functional assessment is utilized to identify weak links in the kinetic chain and develop individualized training and conditioning programs to address these areas of deficiency.
3. ARC's Elite Performance Staff are all licensed physical therapists and/or athletic trainers.
4. In addition to working with area athletes, our performance staff has also worked with athletes from NCAA, MLB, NFL, NBA, MLS, NHL, AFL, CBA and European Soccer.



5. All ARC workouts are individually tailored based on the age, ability, sport and position of the athlete.
6. Basketball specific testing is used to provide feedback comparing the athletes' capabilities and improvement between first and last sessions.
7. Cutting edge – innovative techniques designed to impact general athletic performance, such as agility, speed, strength, power, first step, reaction, etc.
8. Basketball specific, position specific strengthening exercises aimed at supplementing and enhancing athletes' school programs through dynamic core development and innovative strength exercises.

RESULTS

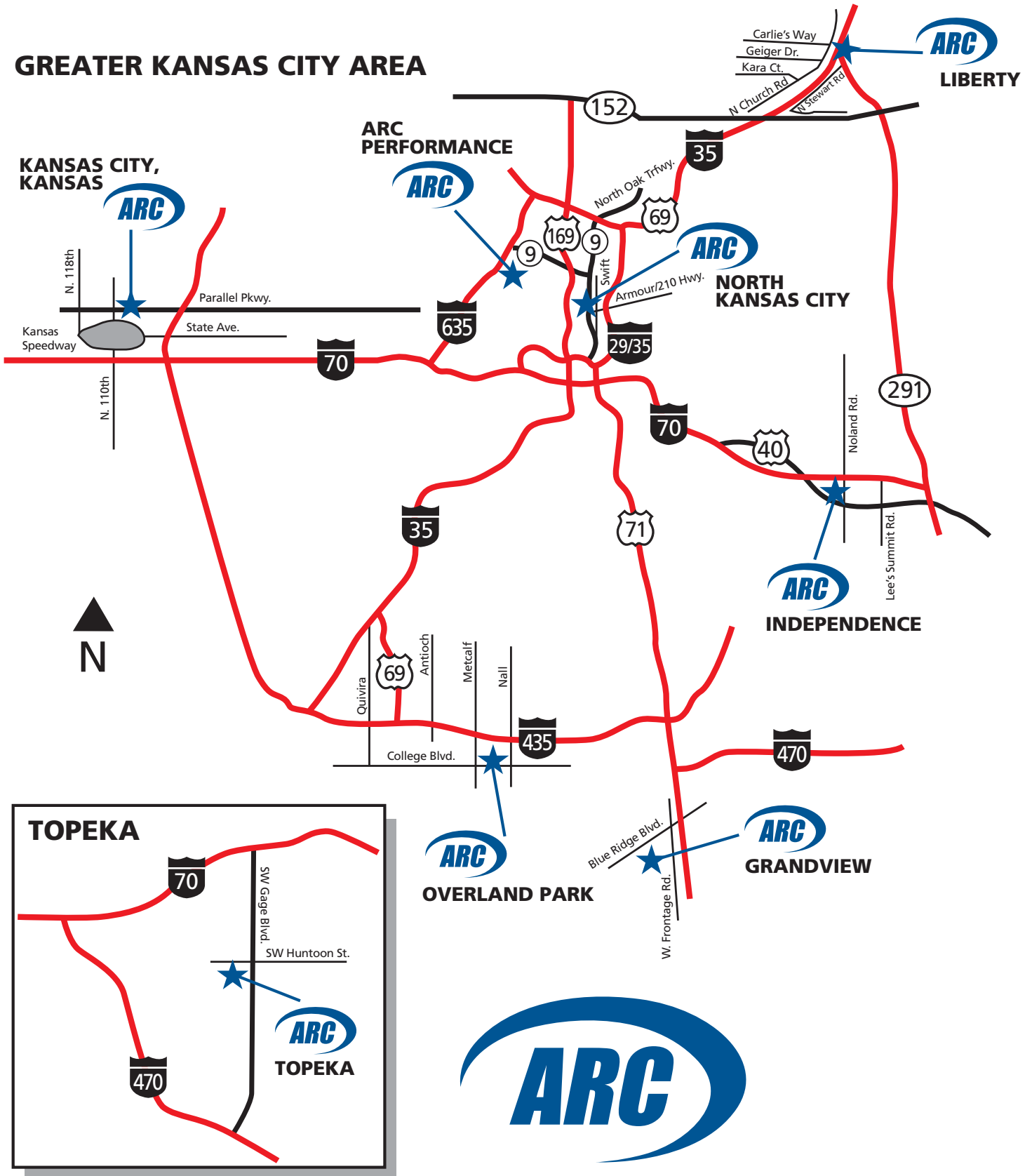
- **Injury prevention and other intangibles** – “ARC has made an impact on our program for a competitive edge and injury prevention. We had no injuries last season, even the nagging ones that can plague a season. The program helped in our team chemistry, made us strong and quicker to the ball.” *Roger Stritz, Head Coach Liberty High School Basketball*
- **Increase in foot skills for growing athletes** – “My young athletes have improved their foot speed and agility which has improved their overall game.” *Darin Mason, Head Coach Pumas Basketball*
- **Increased vertical jump** – “Before using the ARC program my vertical jump was not very explosive and it was hurting my game. I worked very hard and my explosiveness to the rim improved so much I was able to make it to the CBA.” *Joe Principe Great Falls Explorers, CBA Basketball League*
- **Quicker and better defensive skills** – “In the NBA, it is assumed that tall players like myself are neither quick nor able to play good defense. Thanks to ARC, I was able to break the mold so effectively that coaches routinely commented on my newfound skills. Thank you ARC!” *Paul Shirley, Former NBA Player and Currently playing for Menorca Bàsquet of the Spanish ACB.*

ARC PERFORMANCE | LEVO Gym | 700 Argosy Parkway, Riverside, MO 64150 | 816.505.4408

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