



# Athletic Performance Program

## What is it

The SOF Athletic Performance Program is designed to enhance the on-field performance of our athletes through individualised strength and conditioning programming, injury prevention and speed development.

## How we do it

All athletes are assessed through our athlete screening process on how they move, using high-tech equipment like the VALD ForceDecks. Once we have a comprehensive understanding of the data and the way the athlete moves, a personalised program is then designed to suit the athletes needs and abilities.

# What is included

## Individualised Strength and Conditioning Programs

- Programmed and run by experienced S&C coaches
- Our professional references include:
  - UQ Rugby Union Premier/Reserve Grade
  - GPS Rugby Union Premier/Reserve Grade + Colts 1
  - Souths Rugby Union Club (Phyio + Performance)
  - Stuartholme Rowing
  - Olympic athletes
  - Professional rugby players
  - + more

## Individual Screening and performance assessments

- High tech testing protocols
  - Vald Force Decks
- Movement Screens
- Reports on what to improve on

## Access to SOF group classes

- Core, Pilates, Yoga, Breathing
  - Injury prevention, recovery
- Primal and Conditioning
  - Keep aerobically fit in off-season

## Speed Session 2x per week

- Build speed and agility
- Important for injury prevention
  - High speed resilience
  - Maximal movement efficiency

## On the day Physio advice

- Current physiotherapist for Souths Rugby Union Premier Grade

## Contact:

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