



**Elite Sports Performance**

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A large, stylized illustration of a muscular man in a dynamic pose, possibly a boxer or fighter, rendered in a high-contrast, line-art style. The man is shown from the waist up, leaning forward with his arms extended. The background features a grid pattern. The text 'ELITE SPORTS PERFORMANCE' is overlaid in a bold, white, sans-serif font at the bottom right of the illustration.

**ELITE SPORTS PERFORMANCE**



**“ESP has been an integral part of our team’s preparation for the 2008 Beijing Olympics.”**

**John Beasley**, National Coach – Malaysian Track Cycling Team

## Who we are

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ESP is a consulting group founded on the practical expertise and real-world knowledge of some of Australia’s leading strength athletes and sports performance coaches.

Our value to clients comes from the expertise of our people and our ability to provide objective assessments, innovative training programs and techniques, practical hands-on advice and guaranteed goal-orientated results.

The principal aim of ESP is to assist sporting organizations and individuals to improve on-field performance.

Our services at ESP cater for all athletes from the professional elite teams trying to gain the competitive edge, to the junior development clubs trying to bridge the gap and play at the elite level.



**“I have found ESP to be innovative, enthusiastic and very professional in all aspects of training and programming.”**

**Craig Bellamy**, Head Coach, Melbourne Storm NRL

## Our clients include



Melbourne Storm NRL  
Rugby Team



Collingwood Football Club



Malaysian Institute of Sport  
Olympic Track Cycling Team



World Powerlifting  
Congress - Australia



Netball Victoria



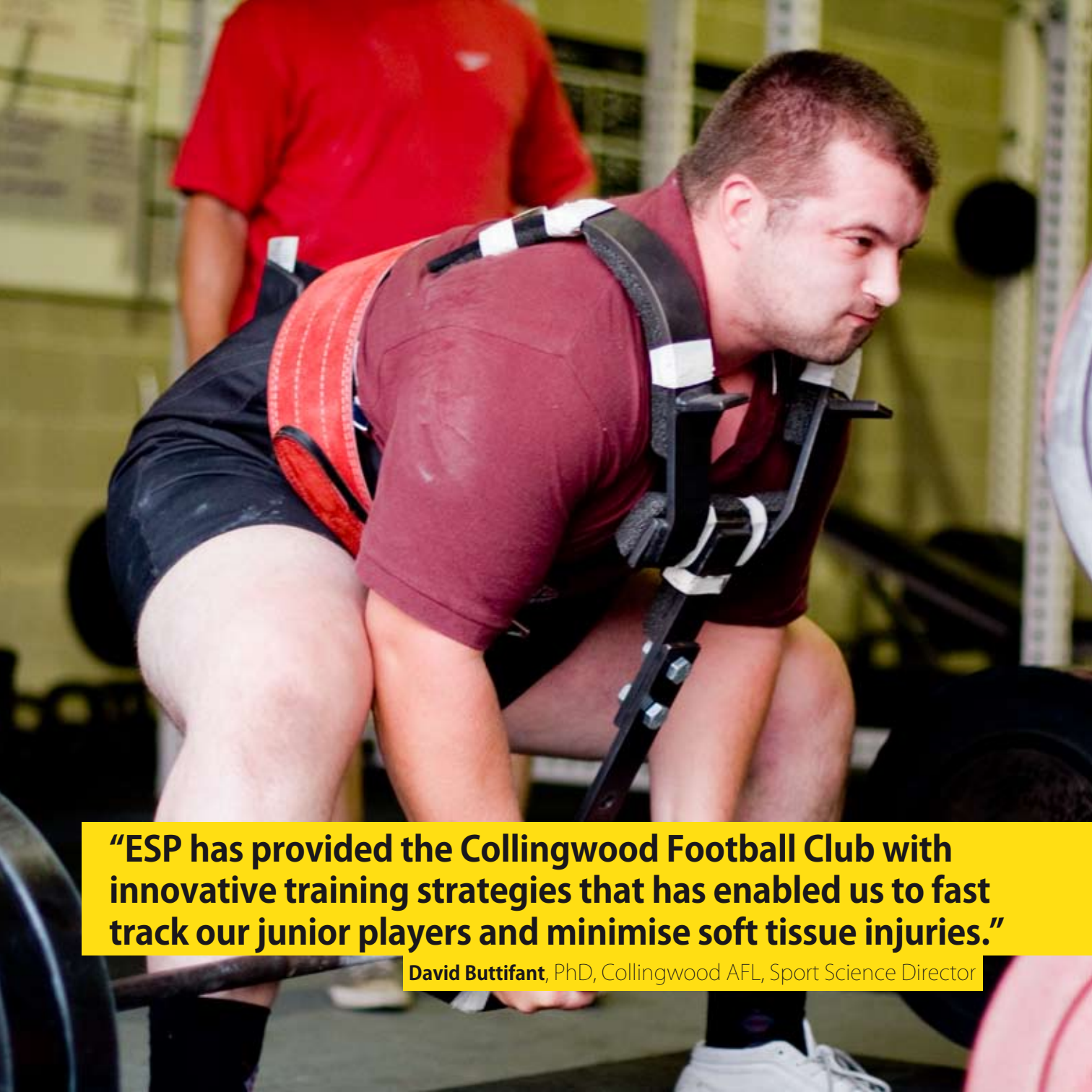
# Training methods

Our training philosophy incorporates current valid research to continually refine the practical application of our methods, which includes:

- Maximal effort and dynamic effort training
- Methods to enhance the ability to perform repeated work efforts.
- Pre & post exercise supplementation protocols for optimal recovery
- Altering the strength curve with contrast methods to increase maximal strength, power and force.

**“ESP has an excellent understanding all aspects of training needed to improve athletes strength, power and reduce injury risk. They implement cutting edge methods to elicit maximum gains! I would totally recommend their service!”**

**Alex Corvo**, Physical Performance Coach/Manager, Melbourne Storm NRL



**“ESP has provided the Collingwood Football Club with innovative training strategies that has enabled us to fast track our junior players and minimise soft tissue injuries.”**

**David Buttifant**, PhD, Collingwood AFL, Sport Science Director

## Sports Application

At elite level, an important factor that can set you apart is physical conditioning. All things being equal, the bigger, faster, stronger better prepared athlete will prevail.

ESP can give athletes that competitive edge.

Through our success at the elite level preparing professional and Olympic athletes, we are extremely confident that our services can achieve a higher level of sporting performance.

Our training will lead to:

- Increased speed
- Improved acceleration
- Greater endurance
- Enhanced ability to perform repeated efforts
- A greater ability to hold your ground in one on one situations
- Reduced probability of soft tissue injuries



# Junior Development

ESP has had great success at fast tracking the progress of young athletes in many sporting disciplines. Our programs include a pre-habilitation component that can reduce the probability of an injury occurring. Our systematic approach to training carefully monitors load volume and intensity to prevent overtraining. Taking proper care during the junior development phase is essential to giving the athlete the best chance at future sporting success.

We do this by:

- Using concurrent sequencing methods where speed, power, strength and endurance can be trained simultaneously
- Building a strong foundation of work capacity
- Attention to detail of the technical components of training
- Developing positive work habits which can improve self confidence and self esteem

**“ESP has been an integral part of the Melbourne Storm Under 20s NYC team youth development system.”**

**Adrian Jimenez**, Melbourne Storm NRL, Head Strength Coach Under 20s NYC Team



## Training facilities

ESP is unmatched in Australia for creating a training environment that promotes work ethic, develops a culture that is needed to excel at high level sport.

Our onsite facility is available for exclusive group conditioning sessions ranging from coaching seminars to full season preparation, catering for up to 30 athletes at a time.

If you want to gain a competitive edge ESP is the place where you need to be.

**“ESP has all the tools an athlete needs to reach top level.  
I would put ESP against any gym in America.”**

**Jim Wendler**, Elite Fitness Systems, [www.EliteFTS.com](http://www.EliteFTS.com)



**“ESP is a one of a kind. There is no other gym set up like this. They have the best equipment and the most knowledgeable trainers I have encountered.”**

**Stephen Pritchard**, Australian IPF Powerlifter, #1 ranked bench presser for 2008, National, Oceania and Commonwealth Champion.

## Services

### **SEMINARS** – Onsite or at our training facility

Seminars are aimed at coaching staff and athletes to enhance and compliment your current training programs. These seminars cover the practical application of ESP weight training methods to functionally transfer and carry over to improved sporting performance.

Topics include:

- Maximal strength and power training
- Speed and acceleration training
- Program design and development

### **VENUE HIRE**

Our facility is available for casual and regular team bookings where sessions can be supervised and coached by our reputable staff.

- We can accommodate up to 30 athletes per session
- Casual visits available starting at \$15 per athlete



## Services (cont.)

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### **STRENGTH TESTING**

ESP can take care of all your strength testing analysis by performing force and power output testing using gymaware technology that can provide valuable feedback to coaches and athletes alike. Gymaware technology is currently being used by many AFL and NRL teams as their standard measure of force and power output. This data analysis will enable coaches and athletes to track progress and assist with program design.

### **CUSTOM ON-LINE PACKAGES**

We offer this service for teams or athletes who wish to follow ESP principles that can not make it to our facility. Our online training programs deliver structure and support to maximise training time and results.

Call for quotes and prices for services to suit your budget and needs.

# Testimonials

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"ESP has provided the Collingwood Football Club with innovative training strategies that has enabled the club to fast track our junior players and in tern minimise the soft tissue injuries of the older players on our list. Their systematic review our of program highlighted some key areas which we have addressed and have seen on field improved performance. I highly endorse ESP and will continue to use their services."

**David Buttifant PhD**  
Collingwood AFL  
Sport Science Director

ESP has been an integral part of our team's preparation for the 2008 Beijing Olympics. I can contribute the majority of our team's success to the strength and conditioning program provided by ESP. The onsite facility has been a fantastic resource to prepare our team and have now made it our home base for our world cup preparations, 2010 Commonwealth Games, and 2112 London Olympic Games."

**John Beasley**  
National Coach - Malaysian Track Cycling Team

"ESP has an excellent understanding all aspects of training needed to improve athlete's strength, power and reduce injury risk. They implement cutting edge methods to elicit maximum gains! I would totally recommend their service!"

**Alex Corvo**  
Melbourne Storm NRL  
Physical Performance Coach/Manager

"I have found ESP to be innovative, enthusiastic and very professional in all aspects of training and programming."

**Craig Bellamy**  
Melbourne Storm NRL  
Head Coach

"ESP the Westside Barbell of Aus has provided the Melbourne Storm NYC team with an integral part of our overall youth development system."

**Adrian Jimenez**  
Melbourne Storm NRL  
Head Strength Coach NYC Team

Preventing injuries and injury recurrence commonly relies on an athlete's ability to cope with the volume, intensity, strength and load requirements of an activity. The trainers at ESP recognise this and systematically design individual conditioning programs that have been successful in injury management for athletes and teams from a variety of sports.

**Dr Tania Pizzari**  
Physiotherapist, PhD, B.Physio(Hons)

"ESP has helped me become the biggest Bench Presser in Australia. They have what you need to take you to the next level."

**Shaun Bostock**  
Australian Bench Press record holder - 320 kg

"If you want to do a job correctly, you have to have the right tools. And ESP has all the tools that an athlete needs to reach the top level. I would put ESP against any gym in America. They've got all the racks, monolifts, machines, weights, kettlebells that you will ever need. If you want to get stronger, leaner, and faster you had better visit ESP."

**Jim Wendler**  
Elite Fitness Systems  
www.EliteFTS.com

"ESP has a full grasp of the Westside system. They have integrated the contrast Method, the Maximum Effort method and the Repetitive Method to near failure, through the conjugate system to improve all their training."

**Louie Simmons**  
Powerlifting guru  
Owner of Westside Barbell

"ESP is working with a most advanced skill set of both academic and practical knowledge. This information applied with intelligence and personal experience has netted statistically extreme results in player achievement and team standing."

**Bianca Stone 2008**  
U.S.A. # 1 ranked 132lb. women's powerlifter, total & deadlift  
Westside Barbell member

ESP is a one of a kind. There is no other gym set up like this. They have the best equipment and the most knowledgeable trainers I have encountered. If your goal is to get stronger, faster or bigger there is no better place to achieve this. If you aren't training there, you are missing out.

**Stephen Pritchard**  
Australian IPF Powerlifter, #1 ranked bench presser for 2008,  
National, Oceania and Commonwealth Champion.