



Overtime Athletes Elite 1 on 1 Coaching

As a Overtime Athlete I will demand a 4 things from you:

1. **Discipline**
2. **Consistency**
3. **Accountability**
4. **Hard Work**

Discipline as an athlete is the act of making a promise to yourself and obeying your own code to perfect your craft by any means.

Consistency is the act of repeating your discipline over and over again whether you feel like it or not.

Accountability of yourself is key as an athlete. By joining OTA Nation you must not only be responsible for yourself by be willing to allow us to hold you responsible for your training.

Hard Work is the #1 trait you will need to learn. Unless you are blessed with a 6'6 frame with single digit body fat and a sub 4.3 40 yard dash you will need to work. The way you will separate yourself as an athlete is the amount of work you can amass and your day in and day out approach to your craft in practice and the weight room. If there is one thing I could gift my younger self it would literally be my approach and ability to work as hard as I do now.

This program will only be as successful as the time and effort you put into this. If you come into a program not fully committed how can you expect to receive the results you want?

Over the next months we want to create an environment identical to one I create for my athletes here at my facility. We can achieve this by easily navigating you through our full set up process that consists of our On-boarding Process, our Performance Assessment, and a Custom Training and Nutrition regimen designed for you. To get started and understand how your program will work please read carefully below.



Step 1: Assess:

To start we must establish a baseline of where you are currently at. Initially I want to gather as much video analysis and measurements as I possibly can to start determining your strengths and weaknesses.

If not by now I will be sending over an Excel Sheet consisting of a series of physical tests that I want you to measure. These physical tests are determined based off your specific sport, the goals you wish to acquire, and glaring weakness or holes I wish to elevate in your game based off my experience as a coach.

From here you will spend the next 48 - 72 hours gathering these measurements with accuracy and in addition provide quality video footage performing them.

If we want this to work and you truly want to get better as an athlete it starts with me as your coach having an in-depth understanding of how you move as an athlete. We can not manage what we can't measure so set the tone early and let's get accurate baseline of you as an athlete.

Step 2: Strategize

After I gather all the information I need from you I hit the drawing board. I have a brief meeting with your personal nutritionist and my right hand man Jake Gottesman whom assists in all my athletes nutrition here at OTA.

We get on the same page determining the amount of fuel and body composition we want you at to perform your best then reverse engineer that and I begin devising your plan.

I evaluate your baseline numbers, your goals, and map out how we can begin to achieve them in the most efficient manner and in the least amount of time.

Once completed I will upload to the same Excel Sheet and get you started.

Step 3: Execute

The next step is to execute the program. To properly execute the program we will support you

- 1. Principles of the Program PDF**
- 2. OTA Exercise Database**



3. Unlimited Email Support

4. OTA Exclusive Communication App

- 1. Principles of the Program PDF** is a document I put together that acts as a resource to answer all the frequently asked questions. As you can imagine a lot of the same questions are asked over and over so to ensure you are performing the program correctly I put that sheet together for you to refer back to while training.
- 2. OTA Exercise Database** is just as it sounds. You will receive access to my fully built out database where I coach each movement and how I want them executed. Now as mentioned above this is a customized program and there will be times where I program movements or variations of movements that may not be in the database. For these you will contact me to gain clarity of what you should be performing.
- 3. Unlimited Email Support.** With the resources above I understand you will still have questions you will need addressed. For that I give you my personal coaching email OTAcaching@gmail.com where you will be able to reach out to me and ask all of your questions. This is the same email that I respond and work with my actual athletes I train in my facility when they go off to school or travel for their season so it's very important we set some boundaries. All I request is that you are clear and concise with your questions so I in return can quickly and accurately answer them for you. We will do this by sending an email and have each of your questions numbered. It's that simple.
- 4. OTA Exclusive Communication App.** Finally I understand life happens and every now and then you will find your self at the gym or on the field or court and have a question when performing a movement or drill. That is why I have my right hand man Jake who works with me personally in the weight room on a daily basis to answer your emergency questions. It's better to ask then miss a rep. It's that simple.

Step 4: Accountability

Accountability is paramount to our system and your success. We have set up small Key Performance Indicators or KPI's throughout your training to ensure we are keeping you on track while you perform each session remotely. We will do this by utilizing and working out of an Excel Sheet. Your workout and nutrition plans will be delivered in the in this Excel Sheet via Google Sheets where you input a series of info on a day by day basis to track results.

With this platform you as the athlete are able to pull this up on your phone or computer and input all the information for each and every set and rep. In addition, I want you to grade your intensity day in and day on a scale of 1 to 5. You will put this grade next to



each day of each training session. What this allows me to do is evaluate the amount of stress you applied to the body through each session and allows me to adjust accordingly.

Step 4: Measure

As we progress you along through the program it is important to understand and see the fruits of our labor. What good am I as a coach if you are not getting results?

For every 3 months of training we want to retest your initial measurements and see how you have been developing. Not only does this track your progress but it also allows me as your coach know how your body is responding to the stimulus I'm prescribing.

The same we determined your initial numbers is how we will track these tests. Think of them as mid terms before the final exam.

Step 5: Compete

Now you have all the tools. You have the resources you need, the nutrition plan, the training regimen designed for you, the know how of all the drills.

Now it is up to you to develop your approach as an athlete. I need you to go out there and compete every single session. Compete against yourself day in and day out and build your athletic career brick by brick and rep by rep. You are the only one responsible for the results you get.

My mentor, Elliott Hulse always told me when he was training me one thing about coaching that made me take ownership of my athleticism.

"I can give you the best program in the world and if you follow it half ass, you will get half ass results. I can also give you a half ass program and if you follow it with 100% intensity you will get 100% better results. You determine what results you get."

Point being, take ownership of your results. It's little about the program and more about your approach each and every day. Hard work trumps any program. You just happen to have both on your side now. So let's become Elite together!