



FOR ATHLETES – ALL LEVELS

# Sport-Specific Training

Sport-specific coaching for individuals, athlete pairs, and small groups (3–5). Periodized programming by sport, position, and season — not a template. For team programs (6–30 athletes), see the back.

**Coached by a Cincinnati Reds MiLB Strength & Conditioning Coach.** MS, CSCS, RSCC · 9+ years coaching college and pro athletes · voted High-A West Strength Coach of the Year (2021) · multiple MLB All-Stars trained.

## Sport-Specific 1-on-1

1 ATHLETE · 50 MIN

4-PACK

**\$100**/sess

Total: **\$400** · 90-day exp.

8-PACK

**\$90**/sess

Total: **\$720** · 120-day exp.

12-PACK

**\$85**/sess

Total: **\$1,020** · 180-day exp.

*Sport-specific programming by position, season phase, and training age. Pack expirations: 90 / 120 / 180 days (4 / 8 / 12-pack).*

## Athlete Pair

2 ATHLETES · 50 MIN

4-PACK

**\$140**/sess

\$70/athlete · Total: **\$560**

8-PACK

**\$130**/sess

\$65/athlete · Total: **\$1,040**

12-PACK

**\$120**/sess

\$60/athlete · Total: **\$1,440**

*Monthly subscription option for in-season athletes — contact for details. Pack expirations: 90 / 120 / 180 days (4 / 8 / 12-pack).*

## Small Group Sports

3–5 ATHLETES · 60 MIN

1 × / WEEK

**\$160**/sess

\$32/athlete · Monthly: **\$640**

2 × / WEEK

**\$140**/sess

\$28/athlete · Monthly: **\$1,120**

3 × / WEEK

**\$120**/sess

\$24/athlete · Monthly: **\$1,440**

*Sport-specific group coaching. Per-athlete cost shown at full capacity; monthly total is what the team or organization invoices.*

## ONLINE COACHING Virtual Training

Sport-specific programming delivered via the Missoula High Performance Application. Custom periodized programs, video reviews, and bi-weekly check-ins. Best for off-season athletes who train elsewhere.

**\$50**/mo

## Hybrid Coaching — train with us once a week, follow your program the rest.

Available with Sport-Specific 1-on-1, Athlete Pair, and Small Group Sports (3–5). Team tier and above include the app at no charge.

**+\$40**/mo

**Free assessment. Build a program for your athlete or your team.**

GET IN TOUCH

253-686-0881

BMickelson@gmail.com

[YOUR WEBSITE]



# Team Programs

Three team tiers, scaled by athlete count and session frequency. Per-athlete cost shown at full group capacity. Monthly totals are what the team or organization invoices. (Small Group Sports, 3–5 athletes, see front.)

PROGRAM / FREQUENCY	GROUP	LENGTH	PER SESSION	PER ATHLETE	MONTHLY
<b>Team Training</b> 6–12 athletes <b>MHP APP INCLUDED</b>					
1x/week	6–12	70 min	\$350.00	\$29.17	\$1,400
2x/week	6–12	70 min	\$275.00	\$22.92	\$2,200
3x/week	6–12	70 min	\$250.00	\$20.83	\$3,000
<b>Large Team Training</b> 13–20 athletes <b>MHP APP INCLUDED</b>					
1x/week	13–20	80 min	\$475.00	\$23.75	\$1,900
2x/week	13–20	80 min	\$400.00	\$20.00	\$3,200
3x/week	13–20	80 min	\$375.00	\$18.75	\$4,500
<b>Squad Training</b> 21–30 athletes <b>MHP APP INCLUDED</b>					
1x/week	21–30	90 min	\$600.00	\$20.00	\$2,400
2x/week	21–30	90 min	\$525.00	\$17.50	\$4,200
3x/week	21–30	90 min	\$475.00	\$15.83	\$5,700

### WHAT'S INCLUDED

- Sport-specific programming, scaled by athlete
- Movement screen + initial baseline testing
- Periodic re-tests & progress reports
- Full facility & equipment access
- Coach-led warm-ups, lifts, conditioning, cool-down
- In-app program access (Team tier and above)

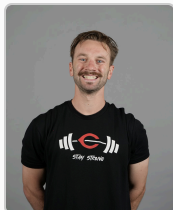
### ADD-ONS & CONTRACT DISCOUNTS

Off-season contract (12 weeks)	-15%
Annual / multi-season	-20%
One-time team intake fee	\$300–500

Best applicable discount applies – discounts do not stack.

### PACK & POLICY DETAILS

4-pack expiration	90 days
8-pack expiration	120 days
12-pack expiration	180 days
Injury/illness freeze (w/ documentation)	30 days
Session no-show / cancellation	24 hrs
Refund notice (unused sessions)	7 days
Hybrid Coaching add-on	+\$40/mo



**Brennan Mickelson**  
MS, CSCS, RSCC

**Cincinnati Reds — MiLB Strength & Conditioning Coach**  
**NSCA — Montana State Director**

Previously: Seattle Mariners organization (2019–2024)

**Strength & Conditioning Coach** in the Cincinnati Reds MiLB organization. Five years with the Seattle Mariners, voted **High-A West Strength Coach of the Year (2021)**. **MS in Exercise Science, University of Montana**. 9+ years coaching collegiate, minor league, and professional athletes — **including multiple MLB All-Stars** in seasons prior to their selection.

**Certifications:** NSCA-CSCS · NSCA-RSCC · TPI Level I + Medical Level II · FMS Level I + II · Multi-Directional Speed Instructor · CPR / First Aid