

Performance Packages

Baseline Performance Assessment

The baseline performance assessment is beneficial for athletes of all sports as it is designed to provide each athlete with a detailed physiological and nutritional evaluation. This evaluation will provide insight into the athlete's current level of conditioning and nutritional status and provide a framework that Quest Sports Science Center will use to design a sports specific program for improvement. This assessment is a starting point and will be enhanced by utilizing and implementing additional sports specific services. Additional services will be recommended, as needed, dependent upon the athlete's performance level, needs and sport requirements.

Assessment Includes:

\$475 (\$150 savings over a la carte prices)

- VO2 (Treadmill or Bicycle)
- Lactate Threshold
- Sports Nutrition Coaching---45min evaluation with a Registered Dietitian
- Body Composition analysis
- Individual Sports Specific Strength Training Program
- Debrief

	Cost (a la carte)	Cost w/Baseline Assessment
Lactate/Recovery Analysis (Anaerobic)	\$100	\$85
Wingate Test	\$75	\$65
Running Economy Test	\$175	\$160
Individual Bike Fit/SpinScan	\$250	\$225
Individual Program Design	\$100	\$85
3 Day Food Record Analysis	\$100	\$85
RMR and Body Composition Analysis	\$100	\$90

Follow-up Package Services:

Nutrition Consultation \$75 or 3 follow-up consults for \$195

Aerobic Lactate \$175/each or 5 follow up assessments = \$700 (1 free)

Clients will be able to select additional services at the discounted cost, if the service is completed within 1 month of initial assessment.