

Youth Performance Packages

The youth performance packages are specifically designed to evaluate the fitness level of young athletes. Research has shown that a youth athlete must reach maturation, 16 years of age, before reliable data can be generated using more sophisticated assessment techniques (such as VO2 max and lactate threshold). Youth athletes of all ages can benefit from proper physiological and nutrition evaluation to ensure they are optimizing their training efforts for peak performance. Quest Sports Science Center staff members are highly qualified and experienced in the field of youth sports and adolescent fitness assessments.

Under 16 years of age:

\$195

- Nutrition Consult (1 hour)
- Aerobic Assessment (step test)
- Body Composition Analysis

Over 16 years of age:

Bronze Package - \$295

- Nutrition Consult (1 hour)
- VO2 Max Test (treadmill or bicycle)
- Body Composition Analysis

Silver Package - \$425

- Nutrition Consult (1 hour)
- VO2 Max Test (treadmill or bicycle)
- Lactate Threshold Test (aerobic)
- Body Composition Analysis

Gold Package - \$525

- Nutrition Consult (1 hour)
- VO2 Max Test (treadmill or bicycle)
- Lactate Threshold Test (aerobic)
- Wingate Power Test
- Body Composition Analysis

Individual Strength Training Program - \$100