**About**

**Players Performance Institute (PPI) is built on scientifically and clinically-based research in the fields of health, fitness, nutrition, biomechanics, junior development, and long-term athlete development.**

PPI represents a unique collaboration of principals, strategies, and techniques in preventative, corrective, and performance enhancement services.

PPI understands and respects that each player is unique. PPI addresses each player’s unique needs by implementing a system of checks and balances that leverage leading edge assessments, testing, and technology to provide proper direction and progression for each player. PPI has extensive experience coaching and progressing players through the junior, collegiate, amateur, and professional levels.

**PPI Approach**

**For efficient, effective, and optimal performance, players need to identify and address their unique needs across all aspects of player development including health, fitness, nutrition, and biomechanics.**

Based on extensive research, analysis and hands-on experience with the world’s best medical, fitness, nutrition, biomechanics professionals, and players, Players Performance Institute’s (PPI) assessment and coaching embodies leading edge and scientifically-based principles, strategies, and techniques in preventative, corrective, and performance enhancement coaching and consulting.

PPI takes a long-term player development approach based on the players’ sport, level, gender, age, and unique needs.

**Assessment & Coaching**

**The best preventative, corrective, and performance enhancement services provide reliable and measurable information when assessing and coaching players, while demonstrating that these services lead to improved performance.**

PPI utilizes a PPI exclusive Player Management System (PMS) that allows for continuous quality monitoring, feedback, and adherence on assessments and coaching for players.

PPI has the expertise with a system of checks and balances in place to effectively and efficiently progress players as they strive to reach their true potential.

**Services**

**Leveraging leading edge and scientifically-based principles, strategies, and techniques, Players Performance Institute (PPI) offers the following preventative, corrective, and performance enhancement premium services:**

* Assessments
  + Private
  + Semi-Private/Team
* Coaching
  + Private
  + Semi-Private/Team
  + Group
* Muscle Activation TechniquesTM
* Consulting
* Camps
* Corporate Events
* Seminars
* Wellness Programs
* Facility Designs