

# ATHLETIC DEVELOPMENT ACADEMY

BBF Academy is the only athletic development program in Loudoun County that uses programming proven to help athletes become resilient to the stress of their sport while developing the strength needed to increase speed, power and overall athleticism required at the upper levels. BBF has partnered with Adidas and world-renowned Mike Boyle Strength & Conditioning (MBSC) to bring this best-in-class athletic development training to Loudoun County. The program includes small-group instruction for the serious athlete (ages 11+). Seasonal programming is developed by MBSC's staff of physical therapists, sports chiropractors and strength and conditioning professionals and then delivered to MBSC's affiliate partners. The MBSC program, practiced by many of the world's most elite athletes at the collegiate, Olympic and professional level, is the same program that BBF Academy athletes use.

## AWARD-WINNING METHODOLOGY

### PRIME

During Prime athletes practice proper fascia care via foam rolling and stretching for muscle activation. Prime helps athletes work through asymmetries, dysfunction and injury prevention through a regimented joint by joint mobilization or stabilization process.

### PREP

Prep is where patterning and movement control begins. It is a fun an efficient way to ensure your mind and body are ready for the rest of the workout.

### POWER

During Power, we teach and progress athletes to break down movement patterns so that the body is working as efficiently and effectively as possible to produce power. Power development is essential to creating the force necessary for speed and agility.

### STRENGTH

Our very progressive approach focuses on lifting in the movement patterns that are used in sport. Creating symmetric strength as well as incorporating unilateral work ensures that athletes are strong and able to thrive under the stress of sport.

### BURN

Burn is where we condition athletes to optimize performance. Specific interval training and breathing techniques teaches efficiencies/how to save energy and quickly recover as well as prepares athletes to push when it counts.

## GLOBALLY PROVEN RESULTS

The MBSC methodology takes "old school" strength & conditioning to the next level and focuses on comprehensively developing athletes. For volleyball and softball players, the classification of "overhead athletes" requires a program within a program to ensure that proper care and development is programmed to care for shoulders, bicep, elbows and other high risk areas created by competition and skill training.

Our workouts are programmed and progressive consisting of functionally sound movement training, strength training and conditioning with a strong focus on proper technique and movement patterns. The workout becomes progressively more challenging once basic techniques have been mastered.



**Winter 2015/2016**  
**SOFTBALL**  
 Pre-Season Training  
**VOLLEYBALL**  
 Post or In-Season Training

### 2015/2016 Academy

Winter (10 weeks)	Individual athletes	10%: 6-8 athletes	15%: 9-16 athletes
1 day	\$249	\$225	\$215
2 days	\$499	\$449	\$425
3 days	\$749	\$675	\$639
4 days	\$919	\$839	\$785

### 2015/2016 Academy

Winter, Spring & Fall (12 weeks)	Individual athletes	10%: 6-8 athletes	15%: 9-16 athletes
1 day	\$295	\$266	\$251
2 days	\$595	\$536	\$506
3 days	\$895	\$806	\$761
4 days	\$1,095	\$986	\$931

