

ENDGAME NUTRITION ATHLETIC CONSULTATION AND COUNSELING

Complete list of sports and services

Visit www.endgamenutrition.com for fees and insurance information

Special events

Marathons, half marathons, 5-10K's
Ultrathons & ultra marathons
Cycling, single or multi-days
Mixed disciplines- biathlon, triathlon
Extended hikes, hunting & camping
Mountain climbing

Endurance sports

Cross-country
Cycling
Track & cross-country
Rowing
Running
Swimming

Power and skill-based sports

Bodybuilding
Boxing, kickboxing, free style
Dirt biking, BMX
Fencing
Field
Golfing
Martial arts, judo, & karate
Mixed & hybrid combat sports
Rock climbing
Skateboarding & surfing
Strengthen training & weight lifting
Volleyball, indoor & beach

Power and endurance combination

Basketball
Baseball, softball, T-ball
Football
Hockey, field & ice
Lacrosse
Racquetball & squash
Skiing & snowboarding
Soccer
Synchronized swimming
Tennis
Extreme kayaking & rafting
Water polo

Weight-limiting and esthetic sports

Cheerleading & drill team
Boxing, amateur and professional
Dancing, ballet and others
Diving
Equine sports, horseback riding, jockeying
Gymnastics and aqua gymnastics
Ice skating
Judo
Karate
Light weight rowing
Taekwondo
Wrestling
Weightlifting

Strength training and increasing stamina

Overtraining
Periodized loading
Dietary supplements and performance aids
Macro- and micronutrient requirements
Pre workout fueling and recovery
Pre-, mid- and post event food & fluid schedule
Supplement selection, use, and safety
USADA & WADA review

Competition strategies and climate adjustment

Carbohydrate- or fat-loading
Glycemic index & glycemic load planning
High & low altitude training
Heat & cold climate training
Humidity, respiration, & hydration planning
Hyponatremia prevention
Fatigue prevention
Making weight & hydration
Menstrual cycle and performance

Off season maintenance

Body composition enhancements
Off season weight management
Strength maintenance
Balance & flexibility
Seasonal sports transition
Healthy appetite

Young athletes (ages 13-18)

Growth and health assessments
Body composition analysis
Energy availability analysis male & female
Healthy eating off season
Mental training for youths
Climate-specific training
Growth assessments, annual or biannual
Dietary and nutritional supplement analysis
Pre-, mid-, and post-season health assessments
Re-injury prevention
Summer & winter Olympic preparations
Scholarship preparations
Travel planning
Time & stress management
Vegetarian athletes

Performance for life

Body composition analysis
Mental training
Autism, Aspergers, ADD & ADHD
Anti inflammatory training diets
Apolipoprotein E genotype diets
Cardiovascular diseases
Diabetes type 1 or 2, metabolic disorders Dyslipidemia, hypertriglyceridemia
Congenital heart conditions
Gastrointestinal distress
Disordered eating, binge eating, food addiction
Disabilities
Exercise addiction
Immunosuppressed diets, post transplants
Menstrual cramps
Headache management
HIV/AIDS
Hypertension
Pregnancy and postpartum care
Stress and time management techniques
Vegetarian & vegan athletes
Very young athlete, 12 and under

Injury recovery and prevention

Bed rest recovery & retraining
De-conditioning and unloading
Healthy growth and bone health

ATHLETIC TEAM CONSULTATION PACKAGES

Team packages are customized depending on the sport, number of athletes, age range, practice and event locations, number of group education sessions and private appointments. Minimum 5 athletes required for a package.

Rates below are estimations for a single-sport regular season, final rate will be agreed upon in contract. In some cases, especially recreational sports that spans most of the calendar year, services may be delivered within an agreed period of time. Consultation fee may be paid by the organization, sponsors, benefactors, or individual athletes. Hourly rates available for custom consultation.

	Number of athletes	Estimated consultation fee per athlete			
		5	10	20	30
Level 1 Complimentary consultation with coaches and parents Complimentary 1 on-site practice observation Pre-season athletic and health assessments One-day on-site energy expenditure and hydration assessment ^{1b} One-hour introductory interactive workshop, materials included ^c Special topic interactive workshop #1 ^d Appointment #1 for personalized training and event needs ^f Recommended for recreational athletes and healthy growth	\$450	\$395	\$345	\$315	
Level 2 All of the above plus: Computerized dietary analysis ⁶ Special topic interactive workshop #2 ^d Appointment #2 for special topics 1-day on-site practice day implementation support ^e Recommended for early explorers and long term health habits establishment	\$670	\$580	\$505	\$475	
Level 3 All of the above plus: Special topic interactive workshop #3 ^d Advanced body composition analysis ^h Unlimited email communications for brief topics Recommended for serious athletes and long term health habits establishment	\$850	\$730	\$635	\$595	
Level 4 All of the above plus: Post season growth assessment 15-minute biweekly phone calls between appointments and presentations Performance tracking ⁱ Sport-specific USADA and WADA review/ Recommended for scholarship-track and professional-track athletes	\$1,050	\$940	\$875	\$825	
Level 5 All of the above plus: Appointment #3 off-season nutrition planning Stress and time management skill building ^l Injury, surgery, de-conditioning recovery as needed ^k On-call for competition support Recommended for professional-track and early professional athletes	\$1,290	\$1,175	\$1,050	\$945	

- a. On-site energy expenditure assessment with observation on training intensity and individual athlete's characteristics
- b. On-site hydration assessment with no-display wireless scale before & after training for fluid loss, documenting intake during practice
- c. One-hour introductory sports- and age-specific interactive workshop, materials included at a location of team's choosing
- d. Interactive workshops selected from various topics from sports dietitians, sports psychologists, or strength conditioning specialists
- e. On-site implementation support for fluid and refueling schedule, collect feedbacks from coaches and athletes
- f. Buddy-system appointments to review personal nutritional needs, develop baseline daily routines, and address special topics
- g. Computerized dietary analysis with NutriBase Version 9, based on athlete's self-report food intake on take-home software
- h. Advanced body composition analysis with BIA 450 for body mass, cell mass, intracellular and extracellular hydration
- i. Performance tracking based on athletes' self-report scores, times, and highlights
- j. Stress and time management skill building available as workshop, private appointment topic, or added discussions
- k. Injury, surgery, de-conditioning recovery include complimentary reassessment for calories and nutrients for time out over 1 week

ATHLETIC SCHOLARSHIP COACHING

Athletic scholarship coaching aims to assist the serious youth athlete in exploring a career in sports. Consulting is available hourly or package estimates as followed:

Single-sport application	Academic year
Annual health assessment pre & post season Advanced body composition analyses ^a Computerized dietary analysis for athletic season ^b Computerized dietary analysis off season ^b Energy, nutrient, and fluid assessment ^c 4 individual 1hr appointments ^d : <ul style="list-style-type: none"> ❖ Pre season ❖ Mid season ❖ Post-season ❖ Off-season 	8 th grade \$900/year 5 years total
Personalized meal planning ^e Homemade sports drinks and snacks optional Organic and specialty foods optional Recipes and grocery shopping list for family Travel meal planning Injury, surgery, deconditioning support ^f	10 th grade \$1,050/year 3 years total
Athletic programs review and selection ^g NCAA, NAIA, NJCAA requirements review ^h Non NCAA scholarships review ⁱ Performance tracking ^j Athletic resume building and goal setting Target letters ^k Athlete information sheet ^k	1 1 st grade \$1,250/year 2 years total
1 2 nd grade \$1,500/year	

- a. Advanced body composition analysis with BIA 450 for body mass, cell mass, intracellular and extracellular hydration
- b. Computerized dietary analysis with NutriBase Version 9, based on athlete's self-report food intake on take-home software
- c. Energy expenditure and hydration assessment based on athletes' self report training intensity and fluid loss
- d. Individual appointments to review nutritional needs, develop baseline routines, and address special topics
- e. Meal planning personalized to a wide range of dietary preferences and medical conditions
- f. Injury, surgery, de-conditioning support, energy and nutrition reassessment for time off over 1 week
- g. Review of Division I, II, and III programs, athletic and academic options
- h. Benchmark performance of current recruits, statewide stats, academic requirements, NCAA nutrition guidelines
- i. Non NCAA scholarships, e.g. martial arts, figure skating, dance, etc
- j. Performance tracking based on athletes' self-report scores, times, and highlights
- k. Target letters and information sheets coaching and review, athletes are expected to draft their own materials

ENDGAME NUTRITION GROUP EDUCATION

Here is a list of popular topics for our private and corporate clients. Due to the rapidly changing nature of consumer trends and new research findings, please ask if you would like to discuss topics not listed. Our goal is to fulfill your wellness education needs.

General wellness

- Beating the odds in smoking cessation
- Defining your endgame
- Goal setting your way
- Proper posture and office ergonomics
- Sounder sleep
- The art of Positivity
- A Feldenkrais perspective on health posture vs. Acture.

Dietary and nutritional workshops

- About alcohol
- Antioxidants
- Appetite and satiety
- Artificial and natural sweeteners
- Carbs and sugars, what's right for me?
- Chocolate, how dark should you go?
- Cooking demo
- Dietary and herbal supplements
- Dietary fats—high, low, or none?
- Eating local and organic on a budget
- Fabulous fiber
- Food label and marketing claims demystified
- Glycemic index and glycemic load diet
- Lowering salt intake
- Meal planning
- Organic foods, which ones are worth the price?
- Pantry makeover
- Quick and easy meals
- Salt and sodium

Stress and pain management

- Avoiding anxiety
- Effective Change Management – Feldenkrais
- Effects of stress
- Feldenkrais style breathing awareness
- Feldenkrais stress reduction
- Finding personal focus
- Interrupting the pain cycle
- Laughing it up- the benefits of laughter
- Meditation and breathing techniques
- Mindful meditation
- Prioritize in daily life
- Time management
- Stress reduction essentials
- Staying motivated through changes
- Visualize success
- Holiday special topics

Physical activities at all levels

- Exercise basics- frequency, intensity, time, and type
- Exercise safety
- Exercise for free
- Cardio and aerobic exercise- what's the big deal?
- Choosing the right exercise
- Conditioning exercise
- Do you need a gym membership?
- Gain strength in 10 minutes a day
- Feldenkrais (10 sessions)
- Keeping it fun in the winter
- Improving flexibility and balance
- Office-ready exercise
- Self-use on the job (injury-proof your work)
- Staying fit with the family

Lifestyle health management

- Better with age
- Bone health
- Building relationships
- Chronic dieting
- Diabetes and re-diabetes
- Digestive wellness
- Fibromyalgia
- Finding your healthy weight
- Genetic testing- what you want to know
- Glucose intolerance and insulin resistance
- Gluten and wheat free living
- Hormonal imbalance
- Irritable bowel syndrome
- Lowering cholesterol
- Lifestyle choices made easy
- Medications- when they are necessary
- Menopause
- Non dieting weight management
- Preventing heart attacks and strokes
- Improving blood pressure
- Inflammation
- Sleep apnea
- Sugar free living