

ALTIS Membership Categories 2016/17

Thank you for your interest in becoming an ALTIS Athlete. We look forward to assisting you on your journey to athletic excellence. We are committed to real success – in sport and in life, and the holistic approach that is necessary to achieve it. If this is you, then perhaps you can join us...

We take great pride in our training environment and helping maximize the athlete experience for every person at ALTIS. Hence we are not simply looking for the best athletes, we are looking for individuals who fit our vision and culture - athletes with a high level of achievement and character - athletes who will contribute to a positive training environment of learning, growth and giving back.

We are excited to offer three distinct membership categories for the upcoming 2016/17 training season. Any athlete interested in joining our training group will be subject to an initial application, screening and evaluation by our coaching staff. We are accepting a very limited amount of athletes for next season, the selection process will be very competitive and we expect to have to make some tough decisions.

Professional Membership

This is a full service package for established professional athletes. We aim to provide an unparalleled membership experience. The integration of world-class coaching, therapy, facilities and education make for an ideal training environment.

Professional Membership Features:

Coaching: Lead Coach

Programing: Lead Coach

Therapy: Full access to Performance Therapy, Chiropractic, Massage, Acupuncture

Weight-Room & Hydrotherapy: Full Access

Training Times: Preferred Access

Athlete Education: Full Access to ALTIS U seminars

Athletigen DNA Profile: Included

Community Service: Not required, but certainly encouraged

2016/17 Membership Spots Available: 10-14

Pricing: \$15,000 for the 2016/17 training year

Athlete Examples: Fabrice Lapierre and Ameer Webb

Having struggled with inconsistent performances and injuries for some successive seasons Australian Long Jumper Fabrice Lapierre decided to join ALTIS for the 2015 season. Barely having jumped 8.00m the previous year Fabrice was in search of his previous form which saw him capture a World Indoor title in 2010 and set a PR of 8.40m in the same year. He rebounded in strong fashion claiming World Outdoor silver and jumping 8.29m last year. 2016 he has added another silver medal from World Indoors as well as a season best jump of 8.31m. Fabrice will represent Australia at the upcoming Rio Olympics.

This is Ameer Webb's first season training at ALTIS. He moved to Phoenix as his last attempt to jump-start his track career. A talented sprinter who always seemed on the cusp of a breakthrough onto the world scene, Ameer found just that this year in the Valley of the Sun. So far he has obliterated his PRs in the 60, 100 and 200 dashes (6.60, 9.94 and 19.85). At the US Olympic Trials in early July Ameer ran his third sub-20 200 race of the season to finish third in the finals and earn a spot on the Olympic Team. He heads to Rio as the currently number 3 ranked 200m runner in the world.



Emerging Elite Membership

This is a customized training package agreed upon by the athlete and coaching staff. This allows for flexibility in services rendered as well as price. We are offering an extremely limited amount of these spots as a pilot project, similar to the scholarship structure we previously had. We want to continue to be able to help out some deserving athletes with a world-class service package at reduced cost.

Minimum criteria for Emerging Elite Athletes:

- Meet the performance standards stated below. These are the minimum required performance standards to start discussions about a potential Emerging Elite spot. The more recent and more consistently the applicant has achieved these standards the better their chances. Please note that solely achieving these marks does not guarantee admittance.
- Positively represent ALTIS at all times, including pre-arranged 'ALTIS in the Community' events. Be a positive force in the training environment. The successful candidates need to actively improve the overall training environment and culture of ALTIS. Negative attitudes are not tolerated!
- Wear our competition uniform until such time that you receive a shoe contract.
- Be available to attend all ALTIS training sessions (i.e. the ability to train as a full-time athlete).
- Participate in youth coaching sessions/clinics and be available as a "therapy body" during therapy courses.

Emergine Elite Features:

Coaching: Lead or Assistant Coach

Programming: Lead Coach

Therapy: Customized package determined by staff

Weight-Room & Hydrotherapy: Full Access

Training Times: Flexible Access

Athlete Education: Full Access to ALTIS U seminars

Athletigen DNA Profile: Included

Community Service: Required

2016/17 Membership Spots Available: 6-10

Pricing: Arranged and agreed upon

Athlete Example: Akeem Haynes and Christabel Nettey

Akeem Haynes packed up his bags and dreams after graduation from the University of Alabama and brought them to Phoenix. He became a showcase for athletes with untapped potential needing a little support and patience to develop. The Emerging Elite program aims to help athletes such as Akeem through access to world-class coaching, facilities and medical. In his first year Akeem ran 6.51 indoors, tied for third in the world rankings. In 2016 Akeem has run 10.16 and will represent his native Canada at the Olympic Games in the 100 and 4x100 relay.

Christabel Nettey is a prime example what patience and support can do for an athlete. She is one of the original athletes we chose to help out through training and therapy services. Christabel arrived as a promising long jumper from Arizona State and within three years has won a Commonwealth medal, broken Canada's long jump national record, secured a contract with Nike and will be competing in the Summer Olympics. Christabel is one athlete who started on scholarship support from ALTIS and has since transitioned to the professional ranks.



Emerging Elite minimum standards:

Event	Men	Women
100	10.15	11.25
200	20.30	22.60
400	45.50	52.00
800	1:47:50	2:03:50
1500	3:39:00	4:13:00
110/100H	13.45	12.75
400H	49.60	55.90
Long Jump	7.85	6.65
Triple Jump	16.60	13.80
High Jump	2.25	1.88
Pole Vault	5.50	4.50
Dec/Hep	7800	6000

Semi-Pro Membership

This package is designed for young, up and coming, athletes looking to continue their training in a professional setting at an affordable price. The name Semi-Pro comes from Baseball, where aspiring talent play “semi-pro ball” at the minor league level, honing their craft in hopes of moving up to the Major League level.

Minimum criteria for Semi-Pro Athletes:

- Meet the performance standards stated below. These are the minimum required performance standards to start discussions about a potential Semi-Pro Athlete spot. The more recent and more consistently the applicant has achieved these standards the better their chances. Please note that solely achieving these marks does not guarantee admittance.
- Positively represent ALTIS at all times, including pre-arranged ‘ALTIS in the Community’ events. Be a positive force in the training environment. The successful candidates need to

actively improve the overall training environment and culture of ALTIS. Negative attitudes are not tolerated!

- Wear our competition uniform until such time that you receive a shoe contract.
- Be available to attend all ALTIS training sessions (i.e. the ability to train as a full-time athlete).
- Participate in youth coaching sessions/clinics and be available as a “therapy body” during therapy courses.

Semi-Pro Membership Features:

Coaching: Assistant Coach

Programing: Assistant Coach driven, Lead Coach supervised

Therapy: Performance Therapy by experienced Assistant Coach and access to Chiropractor twice a week. Additional medical services are available through our providers at a discount.

Weight-Room & Hydrotherapy: Full Access

Training Times: Flexible Access

Athlete Education: Full Access to ALTIS U seminars

Athletigen DNA Profile: Included

Community Service: Not required, but certainly encouraged

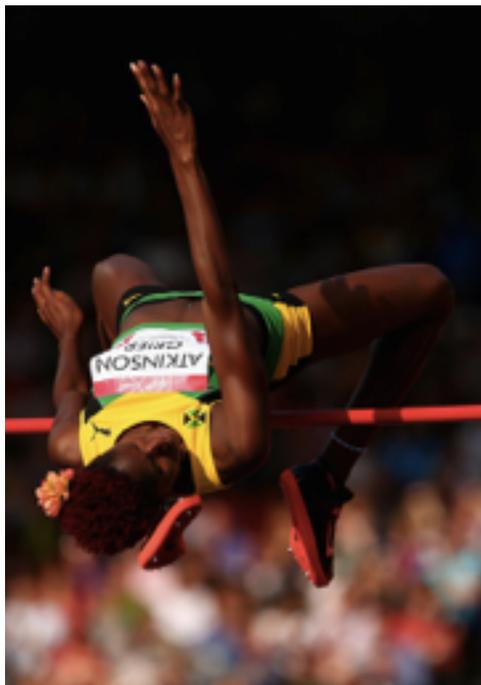
2016/17 Membership Spots Available: 8-12

Pricing: \$3,000 for the 2016/17 training year

Athlete Example: Saniel Atkinson-Grier and Jordan Watkins

Saniel Atkinson-Grier is the Jamaican national record holder in the high jump. She is an energetic and vivacious presence at practice every day, lifting the spirits of all she comes in contact with. This year Saniel has been working hard on a new high jump approach. It is still a work in progress, yet it allowed her to place second at Jamaican Champs and tie her 5th highest jump ever.

Jordan Watkins came to ALTIS from Central Connecticut. This year he managed to lower both his indoor and outdoor hurdle PRs (8.11 and 14.29), as well as compete for Guatemala and set their hurdle national record. Jordan improved his hurdle technique immensely over the season and was always a positive force at training with his infectious personality.



Semi-Pro Athlete minimum standards:

	MEN	WOMEN
100	10.45	11.55
200	20.95	23.60
400	46.90	53.80
800	1:49.60	2:07.70
1500	3:44.70	4:22.00
100H/110H	13.80	13.60
400IH	51.00	58.50
LJ	7.65	6.30
TJ	15.65	13.00
HJ	2.15	1.78
PV	5.35	4.10
DEC/HEP	7400	5700