



ATHLETIC PERFORMANCE LAB



APL Athlete

PERFORMANCE PACKET

NAME:

WELCOME

Welcome to the Athletic Performance Lab! We are extremely happy to have you and we want nothing more than for you to succeed. We believe that athletes develop best when they learn to take accountability and invest in themselves. The information, structure, and expectations outlined in this packet are designed to give you the tools needed to improve your performance, build discipline, and develop habits that carry you beyond your sport. What you do with those tools is entirely up to you.

Talent will only take you so far. What separates good from great is often consistency, discipline, and attention to detail. We train with purpose. Everything we do in the gym has a reason behind it.

As coaches, we are committed to developing every aspect of your athletic performance.

There are two things we don't coach:

- Effort
- Attitude

Those are choices and they belong to you and you alone.



EXPECTATIONS

There is a standard of excellence in this gym and everything we do should reflect that.

Be On Time

Being on time does not mean walking in the door when your session is starting. Being on time means you are already locked in and ready to go before the warmup begins.

Be Ready To Work

Come fully prepared. Leave your ego at the door. No wasted time. No distractions. If it's not adding to our session, it doesn't belong here.

Community

At the Lab we rise by lifting others up. We all come from different backgrounds, situations and cultures. When we walk into THIS gym; we all get to share a common goal: Get better. Respect your teammates, respect your coaches, no negative self talk and no derogatory language or jokes. If you wouldn't say it TO them, don't say it ABOUT them.

Care For The Facility

Re-rack your weights, treat equipment with respect, If you weren't told you could use it then don't be on it, leave the space better than you found it.

Be Coachable

If we don't correct you, we don't care about you. The higher the level you play at, the more they expect you to be able to listen, apply feedback, and make adjustments. The Lab is your chance to practice doing that. Take advantage.

Bring Energy and a Good Attitude

The attitude and energy you bring affects the entire room. Always choose to raise the standard.



What You Can Expect From Us

Good coaches don't just show up, they show up prepared

You Can Expect:

- Intentional programming designed for performance
- Data and analytics
- Coaching and correcting. We are not babysitters
- Honest feedback and assessments
- Accountability
- Structured environment
- Expect us to challenge you



NUTRITION FOR PERFORMANCE

You cannot out-train poor nutrition.

If you want to perform at a high level, you need to fuel like an athlete.

Build Your Plate

Every meal should include:

- **Protein** → chicken, beef, fish (salmon, tuna), eggs, Greek yogurt, cottage cheese, protein shakes
- **Carbohydrates** → rice, potatoes, oats, fruit, pasta, bread, quinoa
- **Healthy fats** → eggs, avocado, nuts, seeds, olive oil, nut butters
- **Fruits and vegetables** → berries, bananas, apples, oranges, spinach, broccoli, peppers

If your plate does not include protein and carbs, it is not supporting your performance.

PROTEIN: REBUILDS

* Aim for 0.8–1 gram per pound of bodyweight per day

* Spread across 3–5 meals

Protein helps:

- Build and repair muscle
- Improve strength
- Reduce injury risk

Simple rule: every time you eat, include protein.

CARBOHYDRATES = FUEL

Carbs are your primary energy source.

Low carbs lead to:

- Low energy
- Slower speed
- Poor workouts



High-quality carbs improve:

- Performance
- Endurance
- Focus

Best sources:

- Rice, potatoes, oats
- Fruit (bananas, berries, apples)
- Pasta, bread, tortillas
- Quinoa and other grains

PRE-WORKOUT FUEL (1-3 HOURS BEFORE)

Goal: give your body energy to perform

Include:

Protein + carbohydrates

Examples:

- Chicken + rice + fruit
- Eggs + toast + fruit
- Protein shake + banana + oats
- Turkey sandwich + fruit
- Greek yogurt + granola + berries

Avoid:

- Heavy fried foods
- Skipping meals

If you come in **under-fueled**, you will **underperform**.



RIGHT BEFORE TRAINING OR GAMES (30–60 MINUTES BEFORE)

Goal: provide quick, easy-to-digest energy

Focus on:

- Fast-digesting carbs
- Small portion size
- Low fat and low fiber (to avoid stomach issues)

Good options:

- Banana
- Applesauce
- Granola bar
- Rice cakes
- Toast with honey or jam
- Sports drink (if needed)

Avoid:

- Heavy meals
- High fat foods
- Trying something new

This is not a full meal—just a quick boost of energy.

POST-WORKOUT RECOVERY (WITHIN 60 MINUTES)

Goal: repair muscle and replenish energy

Include:

Protein + carbohydrates

Examples:

- Protein shake + banana
- Chicken + rice
- Chocolate milk + fruit
- Ground beef + potatoes
- Greek yogurt + fruit + granola

This is one of the most important meals of the day!



HYDRATION

Most athletes are under-hydrated.

- Aim for 80–120 oz of water per day minimum
- Increase intake with heavy training or sweating

Electrolytes Matter:

When you sweat, you lose more than water, you lose electrolytes (especially sodium), which are critical for:

- Muscle function
- Preventing cramps
- Maintaining energy and performance

When to use electrolytes:

- Long practices or games
- Heavy sweating
- Hot environments
- Multiple training sessions in a day

Good options:

- Sports drinks (Gatorade, Powerade)
- Electrolyte packets (LMNT, Liquid I.V., Nuun)
- Coconut water
- Adding a pinch of salt to water + fruit

Signs you need electrolytes:

- Cramping
- Excessive fatigue
- Headaches
- Dizziness

Simple rule: water daily, electrolytes when you sweat heavily.



WHAT TO LIMIT

- Fast food
- Sugary drinks
- Energy drinks (especially before training)
- Skipping meals

You do not need to be perfect, but you must be consistent.

BOTTOM LINE

Food is not just about appearance.
It is about performance, recovery, and durability.

Eat like an athlete or perform like everyone else.



RECOVERY

Are you overworked or are you underrecovered?

If you train hard but recover poorly, you stay the same.

THE POWER OF SLEEP

- This is your most powerful recovery tool
- Aim for 7-9 hours of sleep per night (not just time in bed)
- Growth hormone production, muscle repair, and brain recovery all happen during sleep

If You Don't Sleep

- Strength decreases
- Reaction time slows
- Injury risk increases

How to Improve Your Sleep

- Keep a consistent schedule
- Go to bed and wake up same time every day (yes weekends)
- Limit screen time before bed (30-60 minutes before sleep)
- Create a good sleep environment (dark room, cool temp., quiet)
- No caffeine 6-8 hours before bed
- Relax before bed (avoid intense activities right before trying to sleep)
- Get sunlight during the day (helps regulate sleep cycle)
- If you wake up, stay off your phone

HYDRATION (REVIEW)

- Aim for 80-120 oz of water per day
- Increase with training and sweating
- Use electrolytes during long, intense or hot sessions



NUTRITION = RECOVERY

Recovery does not happen without fuel.

- Miss Meal= slower recovery
- Low Protein= poor muscle repair
- Low Carbs= poor energy replenishment

For recovery, post training matters! Try to eat protein + carbs within 60 minutes of training.

ACTIVE RECOVERY

Recovery does not mean doing nothing. Here are some good options.

- Light skill work
- Walking or light cardio
- Mobility work
- Restorative yoga
- Lighter hypertrophy work

We are always going to preach consistency over perfectio Do your best to stick to your routine and don't beat yourself up over the occasional slip up. We do not need extreme recovery methods. These are not the only recovery tools, these are the most important. No supplement will ever replace a good night's sleep with proper food and the right hydration plan.

At this level, recovery is not optional. We can only train as hard as we can recover. If you prioritize it, it will improve. If you ignore it, progress will stall.



MENTAL PERFORMANCE

The edge that separates you

When you get to a certain level, everybody is highly skilled. The difference now is not only physical but it's mental as well. Your ability to stay focussed, respond to adversity, and control your emotions will determine how you perform when it matters the most. Mental toughness is not something you are born with. It is something that you train.

What Mental Toughness Actually Means

- Staying composed under pressure
- Responding to mistakes without frustration
- Doing your job when you don't feel like it
- Maintaining focus when others lose it.

What Mental Toughness is NOT

- Acting tough
- Pretending like you don't make mistakes
- Playing with emotion without the control

Control The Controlables

You CANNOT control:

- Refs
- Opponents
- Playing time
- Crowd
- Weather

You CAN control:

- Effort
- Attitude
- Focus
- Preparation

Elite players lock in on what they can control.



Responding To Mistakes

Mistakes are guaranteed.

What matters is your response.

Bad response:

- Head down
- Complaining
- Bad body language
- Carrying it to next play
- Blaming somebody else

Elite response:

- Quick reset
- Next play mentality
- Stay engaged
- Take responsibility
- Stay level headed
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Tools For Your Mind

1. Reset Routine (in-Game Tool)

After Every Mistake:

- Take one controlled breath
- Say your cue words (Next Play, Reset, I'm Good)
- Physically move into the next play

*The more you practice the more this becomes automatic response

2. Breathing Under Pressure

- Inhale through nose (3-4 seconds)
- Exhale slow through mouth (4-6 seconds)

*Use this before free throws, during timeouts, when the game feels fast. Slow your mind down so your body can execute.



3. Visualization

Spend 2-5 minutes visualizing:

- Making shots
- Playing strong defense
- Handling pressure situations

*Be specific and see it very clearly

4. Positive Self-Talk

Your internal voice drives your performance. Replace negative thoughts with intentional ones:

Instead of:

- “Don't mess up”
- “I always miss this”

Use:

- “Be aggressive”
- “I'm ready”
- “Next shot”

We offer a much more in depth and practical approach to mental toughness during our Mental Monster Seminar. If you are interested in seeing what that would look like for your player or team, do not hesitate to reach out.

Your daily mental training habits should consist of:

- Use a reset routine during workouts
- Practice positive self-talk
- Visualization performance for 3-5 minutes
- Stay locked in during drills with no wasted reps.

Just like physical training, mental training must be consistent.



Daily habits:

- Use a reset routine during workouts
- Practice positive self-talk
- Visualize performance for 2–5 minutes
- Stay locked in during drills (no wasted reps)

Pressure is always going to expose our habits. Lest practice training with the discipline required to be successful. Your body will only go as far as your mind allows.



KNEE HEALTH: JUMPER'S KNEE PROTOCOL

Patellar tendon pain (jumper's knee) is common in a variety of sports.

It comes from repeated jumping, sprinting, and high-impact movement. It is not something you ignore—and it is not something you need to completely shut down for.

The goal is simple: Manage pain, build strength, and return to full performance.

What It Feels Like

- Pain just below the kneecap
- Worse with jumping, sprinting and squatting
- Stiffness at start of activity
- Pain after workouts the next day

Why It Happens

- High jump and sprint volume
- Sudden increases in training load or volume (common)
- Poor landing mechanics
- Tendon not strong enough right now for demand

How It Works

Don't just wait it out

- Control the load
- Strengthen the tendon
- Gradually return to full intensity

Pain Guidelines

Pain Level 0-10

- 0-2/10: train normally
- 3-4/10: acceptable, monitor
- 5+/10: adjust what you are doing

*It's actually the next day's pain that matters the most. If it is worse the next day, you did a little too much. If it is the same or better, you did closer to the right amount.



PHASE 1: CALM THE PAIN

Goal: Reduce irritation without shutting down training

Make Adjustments

- Reduce jump and sprint volume
- Avoid pushing through sharp pain
- Modify workouts but don't skip them

Daily Isometrics (4–5 sets, 30–60 seconds)

Pick 1–2:

- Wall Sit
- Spanish Squat Hold
- Split Squat Hold
- Heel-Elevated Squat Hold

Focus:

- Stay in control
- Keep pain at 4 or under out of 10
- Maintain proper alignment (no knee cave)

What Success Looks Like

- Less pain during and after training
- Less stiffness at the start of activity

PHASE 2: BUILD THE TENDON

Goal: Increase strength and load tolerance

Slow Strength Work (3–4x per week)

- Squat variations
- Lunge variations (as tolerated)
- Step downs (slow)
- Hamstring work
- Glute work
- Calf and soleus work

3–4 sets of 6–10 reps



Key Rules

- Move slow and controlled
- Progress gradually (increase weight OR reps but not both)
- Mild discomfort is acceptable, pain is not

What Success Looks Like

- Increased strength without increased pain
- Better control in single leg movements

PHASE 3: RETURN TO PERFORMANCE

Goal: Safely reintroduce jumping and sprinting

Progressions:

1. Low- Level Plyometrics
 - Pogos
 - Line hops
 - Jump rope
2. Controlled Jumping
 - Box jump variations
 - Submax vertical jumps
3. Full Return
 - Max effort jumps
 - Sprinting and game-speed movements

Key Rules:

- Progress gradually
- Focus on controlled landings
- If the next day has increased pain, reduce volume

Most Common Mistakes

- Resting completely, then when it feels better; doing too much too soon
- Skipping strength work
- Ignoring next day pain
- Poor technique under fatigue



Daily Checklist

- Completed isometric holds (4–5 sets)
- Pain stayed $\leq 3-4/10$
- Warmed up properly
- Adjusted training load if needed
- Focused on landing mechanics
- Completed strength work (if programmed)
- Hydrated properly
- Ate enough (protein + carbs)
- Got or planned for 7–9 hours of sleep

Bottom Line

Tendon pain does not fix itself but it can be dealt with! Most athletes experience this at some point. Part of sports.

If you manage it correctly, you can keep training and come back stronger.
If you ignore it, it will limit you.



FINAL WORD

This is where it becomes yours.

Everything you need is in front of you. The tools are here. The structure is here. The opportunity is here.

What happens next is up to you.

There will be days when you feel motivated. There will be days you don't.

There will be days things are going your way. There will be days they aren't.

None of that changes the standard.

Choose to show up anyway.
Choose to work anyway.
Choose to stay disciplined anyway.

At some point, effort stops being something you turn on and off.

It becomes who you are.

That is when things change.

Do not wait for the perfect moment.
Do not wait to feel ready.

Start now. Stay consistent. Keep going.

You are capable of more than you could possibly imagine.

-Coach Spencer

