

STOP GUESSING. START SEEING RESULTS.

A Parent's Guide to Smarter Athlete Development

A practical guide for parents who want to know whether their athlete is simply training hard - or actually improving where it matters.

POWERSOURCE PERFORMANCE FITNESS

Measure -> Train -> Retest | Performance, Engineered

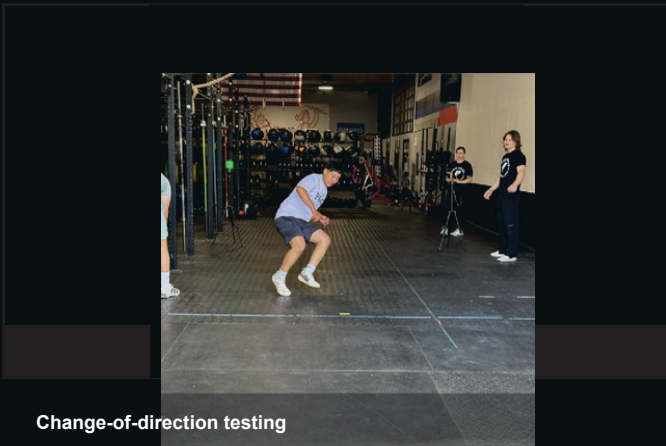




Force production testing



Speed testing



Change-of-direction testing

**WHERE PERFORMANCE
IS MEASURED.
NOT ASSUMED.**

PowerSource assessments combine objective testing, coaching interpretation, and a clear retesting model so athletes know what they are training for.

THE HIDDEN GAP

Most athletes work hard. That is not the problem. The problem is that effort alone does not guarantee results - and in many cases, it leads to plateaus, frustration, or wasted development time.

PARENT QUESTION

What results is your athlete's training actually producing - and how do you know?

FROM ACTIVITY TO VALUE

Traditional training often focuses on inputs: more sessions, more sweat, more volume. A smarter athlete development model focuses on outputs: measurable progress, clear priorities, and training decisions based on evidence.

OLD MODEL

Follow a generalized program.
Train hard and consistently.
Hope results follow.

BETTER MODEL

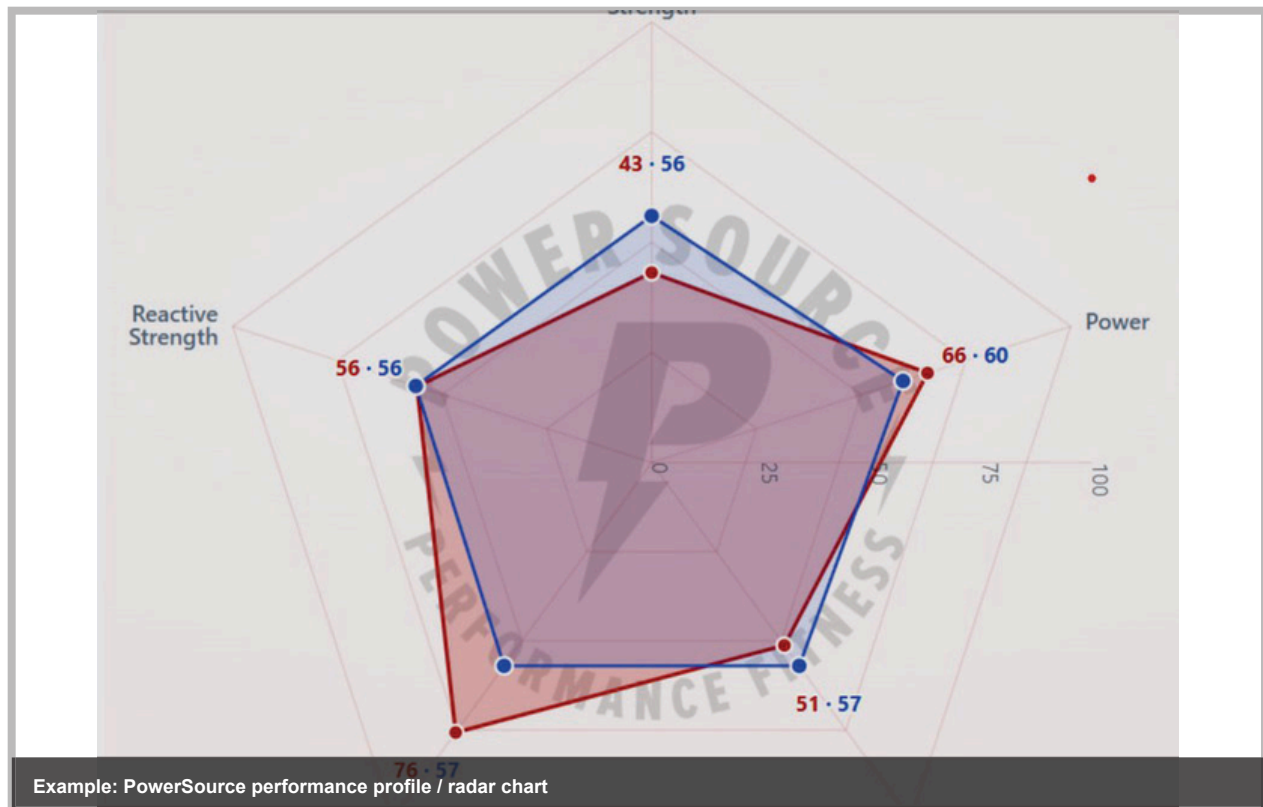
Measure what matters.
Train specific needs.
Retest and adjust.

Because hope is not a strategy.

Without measurement and feedback, training becomes educated guesswork at best - and wasted effort at worst.

THE REPORT: WHAT YOU ARE LOOKING AT

The radar chart gives parents and athletes a simple visual summary of the athlete's current performance profile. The shape tells the story: where the athlete is balanced, where gaps exist, and where training should be focused.



HOW TO READ IT

A wider shape reflects stronger scores in that pillar. Gaps reveal opportunities. Retesting shows whether training is changing the profile over time.

WHY IT MATTERS

Parents do not need a spreadsheet. They need a clear answer: what does my athlete need, and are they improving?

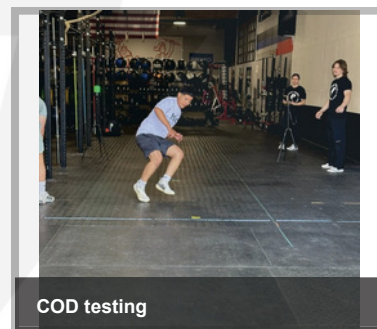
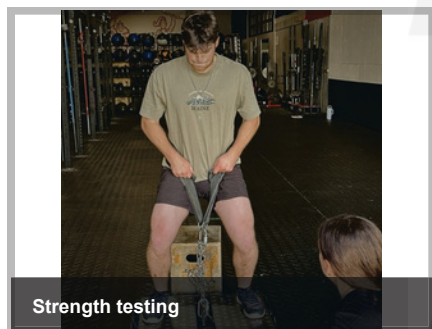
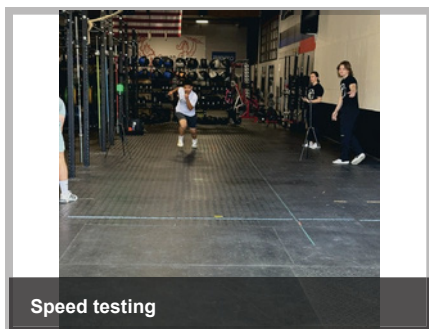
THE 5 PERFORMANCE PILLARS

We do not test just to collect numbers. We test the qualities that help explain how an athlete produces force, moves, changes direction, and rebounds explosively.

Pillar	What It Tells Us
Strength	How much force the athlete can produce.
Power	How quickly the athlete can express force.
Speed	How efficiently the athlete covers ground.
Quickness	How well the athlete changes direction.
Reactive Strength	How well the athlete absorbs, rebounds, and explodes.

WHY THIS CHANGES TRAINING

Two athletes can follow the same program, put in the same effort, and train the same number of hours - yet get very different results. Their performance profiles may be completely different.





THE SYSTEM: MEASURE -> TRAIN -> RETEST

Most training programs stop at effort. PowerSource is built around outcomes. The goal is not just to work hard - it is to know what needs to improve, train it intentionally, and verify that the work is producing change.

1. MEASURE

Establish the truth. Identify strengths, limitations, and the athlete's starting point.

2. TRAIN

Target what matters. Build training around measured needs, not assumptions.

3. RETEST

Prove it worked. Validate progress and adjust the plan when needed.

REAL EXAMPLE

Two athletes follow the same program: same workouts, same schedule, same effort.

One improves. One plateaus.

Why? Their limitations were different. Once the actual weakness was identified and trained specifically, performance had a path forward.

WITHOUT THE SYSTEM

Athletes often plateau despite effort, reinforce weaknesses, miss critical development windows, or carry movement imbalances that increase risk.

TRAINING HARD = EFFORT

TRAINING WITH A SYSTEM = RESULTS

Because what you measure, you can improve with intention - not guesswork.



WHAT PARENTS SHOULD ASK

If you are investing time, energy, and money into your athlete's development, these are the questions that matter most.

- What exactly is my athlete improving?**
- How do we know the training is working?**
- Where are the biggest performance limitations?**
- Is the training aligned to my athlete's needs - or just convenient?**
- When will we retest and adjust the plan?**

THE COST OF GUESSWORK

When training is not aligned to measurable outcomes, athletes can plateau despite consistent effort, reinforce weaknesses instead of fixing them, lose time during important development windows, and invest effort without receiving value.

**TRAINING IS ONLY VALUABLE IF IT PRODUCES RESULTS
YOU CAN MEASURE AND PROVE.**

KNOW WHERE YOUR ATHLETE STANDS

Our athlete assessment gives parents and athletes objective data, clear strengths and limitations, and a training direction built around what the athlete actually needs.



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WHAT YOU GET

- Objective performance data
- Clear strengths and limitations
- Training priorities tied to results
- A retesting model to verify progress

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