



FACILITY ACCESS GUIDE

PowerSource Coach Partnership Program

How Independent Coaches Can Train, Test, and Grow at PowerSource

POWERSOURCE PERFORMANCE FITNESS

WELCOME

Welcome



PowerSource was built to help athletes reach their potential — and to support the professionals who guide them there.

The Facility Access Program gives independent coaches access to a professional training environment without the expense and responsibility of owning and operating a facility.

Whether you're training one athlete or leading a small group, PowerSource provides the space, equipment, and collaborative environment to help you deliver an exceptional coaching experience.



OUR PHILOSOPHY

Our Philosophy



Your Business. Your Athletes. Our Platform.

We believe great coaches deserve access to great resources.

Our role is not to replace your coaching business. Our role is to provide an environment that helps you deliver more value to your athletes — while you continue building your own brand and reputation.

WHO IT'S FOR

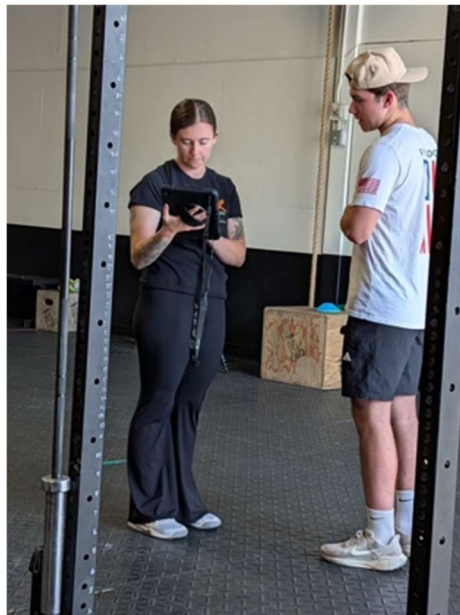
Who This Program Is Designed For



The Facility Access Program is ideal for professionals such as:

- High School Coaches and Assistant Coaches
- Strength & Conditioning Coaches

- Speed & Agility Coaches
- Baseball & Softball Instructors
- Football Position Coaches
- Basketball Skills Trainers
- Soccer Performance Coaches
- Volleyball Trainers
- Tennis Professionals
- Track & Field Coaches
- Wrestling Coaches
- Sports Performance Coaches
- Physical Therapists
- Athletic Trainers
- Return-to-Sport Specialists
- Other qualified athlete development professionals



WHAT'S INCLUDED

What You Can Do at PowerSource



Private Athlete Training

Conduct one-on-one coaching sessions in a professional training environment equipped for athlete development.

Ideal for:

- Sport-specific performance training

- Strength & conditioning
- Speed development
- Return-to-play progression
- General athletic development

Coaches may train up to two youth athletes at a time in the training studio, always training together under the coach's direct supervision. This keeps sessions focused and the training floor professional for all members. Details are outlined in the monthly Trainer Agreement.



Small Group Training

Small Group Training applies whenever a coach is training 3 or more athletes at a time, or when a coach does not hold a monthly Trainer Agreement, regardless of group size.

Train small groups while maintaining the personalized coaching experience your athletes value.

Examples include:

- Position groups
- Speed classes
- Strength sessions
- Club team training
- Off-season development programs
- Sport-specific performance groups

Training bays may be reserved as follows:

Bays Reserved	Max Athletes
2 bays	Up to 4 athletes
3 bays	Up to 6 athletes
5 bays	Up to 12 athletes

Reservations are made online, with pricing set at either peak or off-peak rates.



Team Training

PowerSource can support team-based training sessions for schools, clubs, and travel organizations.

Opportunities include:

- Seasonal performance programs
- Preseason testing
- Off-season development
- Team speed sessions
- Position-specific training



PERFORMANCE TESTING

Athlete Performance Assessments



Differentiate your coaching by incorporating objective performance testing into your athlete development process.

Available technologies include:

- VALD ForceDecks
- VALD ForceFrame
- VALD SmartSpeed
- InBody Body Composition

Testing can be integrated into:

- Initial evaluations and goal development
- Training program design
- Return-to-play decisions
- Progress monitoring
- Seasonal benchmarking

PowerSource staff operate the technology, guide athletes through the assessment process, and explain the results — helping coaches interpret findings to inform training program development.



WHY POWERSOURCE

Why Coaches Choose PowerSource



Professional Environment

Train in a clean, organized, professionally equipped facility that reflects the quality of your coaching.

Flexible Scheduling

Monthly training memberships provide facility access:

- Monday–Friday: 4:00 AM – 10:00 PM
- Saturday–Sunday: 5:00 AM – 9:00 PM

Training bays can be reserved up to a month in advance, or as close as 24 hours ahead of need, subject to availability.

Whether you coach mornings, afternoons, evenings, or weekends, we'll work with you to find scheduling solutions that fit your business.

Premium Equipment

Access a wide range of equipment designed for athlete development, including:

- Barbells and bumper plates
- Dumbbells and kettlebells
- Medicine balls
- Sled/sprint lanes
- Resistance tools
- Mobility equipment
- Conditioning equipment



Performance Testing Technology

Expand your services without investing in specialized testing equipment. Offer athletes professional assessments that support training decisions and demonstrate measurable progress.

Professional Atmosphere

Parents and athletes appreciate training in an environment dedicated to performance and long-term development. A professional setting reinforces confidence in your coaching and enhances the athlete experience.

Note: Due to space limitations, parents and family members may not be on the training floor at any time.



THE PROCESS

How Facility Access Works



Every coach partnership begins with a conversation. Together, we'll discuss:

- Your coaching style
- Your athlete population
- Individual or group training needs
- Preferred schedule
- Long-term goals
- Opportunities for collaboration

Based on your needs, we'll recommend a partnership structure that supports your business.

EXPECTATIONS

Our Shared Expectations



Successful partnerships are built on professionalism and mutual respect. Coach Partners are expected to:

- Provide a positive experience for every athlete
 - Maintain a safe training environment
 - Treat equipment with care
 - Leave training areas clean and organized
 - Respect scheduled training times
 - Communicate professionally with athletes, parents, and staff
 - Support a collaborative culture among all coaching partners
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FAQ

Frequently Asked Questions



Do I keep my own athletes?

Yes. Your client relationships remain yours.

Can I coach my own programming?

Absolutely. You continue to coach using your own methods, philosophy, and programming.

Can I run small groups?

Yes. Many coaches successfully build recurring small-group programs within the facility.

Can I host team training sessions?

Yes. Team training opportunities are available based on scheduling and partnership arrangements.

Can I use performance testing with my athletes?

Yes. We can help integrate objective testing into your athlete development process.

Do I need to commit to a long-term agreement?

Partnership options vary based on your coaching model and anticipated facility use. We'll discuss the best approach during your consultation.

WHY THIS MATTERS

Why This Matters



The PowerSource Coach Partnership solves two of the most common challenges coaches face today.



First, team coaches and assistant coaches are often expected to provide strength and conditioning support to their athletes — frequently improvising with home gyms or borrowed space that isn't built for the job.

Second, youth athletes' availability is rarely consistent. Game schedules, practices, schoolwork, and family commitments all compete for their time, making it hard for any single coach to predict how many athletes will need training at a given moment.

PowerSource solves both problems: a professional facility on demand, with the flexibility to scale up or down as your athletes' schedules — and your business — evolve.

NEXT STEPS

Let's talk about your coaching business.

Whether you're training five athletes or five hundred, we'll explore how a partnership with PowerSource can help you grow — a quick, informal conversation focused on your goals.

SCHEDULE A COACH PARTNERSHIP CALL

PowerSource Performance Fitness

661-651-1864

amber@psperform.com

psperform.com/coach-training-partnerships

PARTNERSHIP MODELS

Partnership Models at a Glance



Partnership Model	Best For
Private Training	Coaches working with up to two athletes at a time
Small-Group Training	Recurring groups of 3–10 athletes
Team Training	School, club, or travel organizations
Performance Testing Partner	Coaches who want to add VALD and InBody assessments
Assessment Event Partner	Coaches interested in hosting testing days for teams or organizations