



Bottlenoses

helping youth female soccer players become super athletes



OUR PURPOSE

INCREASE EQUITY FOR ALL FEMALE ATHLETES

OUR GOAL

TO HELP FEMALE YOUTH ATHLETES ACHIEVE THEIR LIFE GOALS

WHAT WE DO

WE PROVIDE HIGH-IMPACT TRAINING PROGRAMS TO SUPPORT THE DEVELOPMENT OF FEMALE YOUTH ATHLETES

What we do

We provide holistic, high-performance soccer training programs to youth female athletes so that they can reach their goals on and off the field

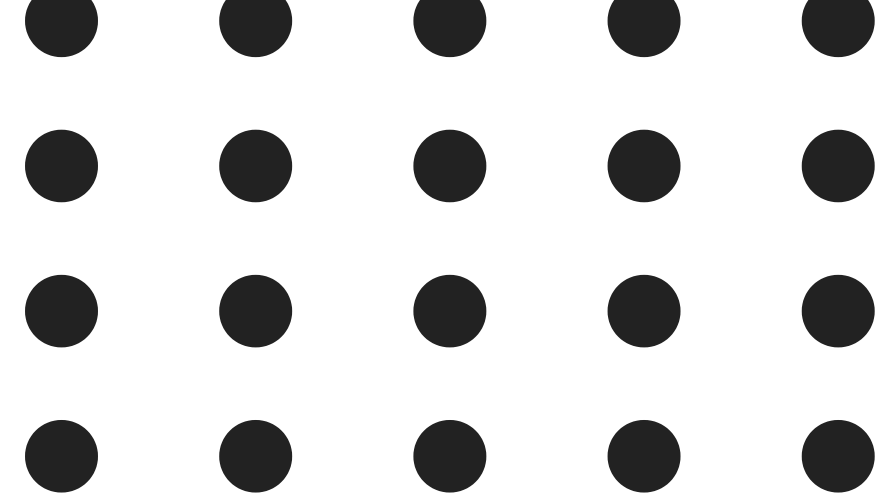


How we do it

- We provide female-focused training programs, including:
 - Game IQ/Possession/Positional Play Training
 - Nutrition
 - Strength & Conditioning
 - Injury Prevention
 - Mentorship
 - **Mental Readiness (Coming soon)**



YOUR TEAM



Colby Thibault
NUTRITIONIST



Oscar Yactayo
SKILLS + GAME IQ



Satara Murray
PROFESSIONAL SOCCER
PLAYER + MENTOR



Justise Dayries
PROFESSIONAL PHYSICAL
THERAPIST



Dr. Marcella Chiromo
INTERNATIONAL PSYCHOLOGIST



Samantha Johnson
PROFESSIONAL SOCCER PLAYER + MENTOR



Emily Shears
INTERNATIONAL WELLNESS +
LIFESTYLE EXPERT



Gavin Barrilleaux
HEALTH AND HUMAN PERFORMANCE
TRAINER

GAME IQ TRAINING

Overview (In-person)

This series focuses on game IQ, positional awareness, and possession play

* Individual Training & Small Group Sessions

Locations

- Allen, TX (Wednesdays 6:00-7:00 PM & 7:00-8:00 PM)*
- McKinney, TX (Thursdays 6:00-7:00 PM & 7:00-8:00 PM)*
- Allen, TX (Fridays 6:00-7:00 PM & 7:00-8:00 PM)*
- Southlake (Coming soon)

For individual training, days and times are flexible based on request

*6-7 PM -> Age bracket 8-12 yrs / 7-8 PM -> Age bracket 13-18 yrs

* Concepts

- Possession, Breaking lines and passing forward, Creating chances through attacking midfielders,
- Switching Play, playing from the back, attacking transitions, overloads, zones
- Playing through wide overloads, Transitional Play
- Patterns of play, Loss of possession in build-up, Playing between the lines, Attacking and defending in wide areas
- Fast attacks, Final-third Play, Attacking principles with finishing
- Defensive principles, Countering high full-backs, Counter-attacking from a low block

\$40/session
Small group

\$60
1on1



STRENGTH & CONDITIONING

Overview (Allen, TX & Virtual)

This series focuses on training designed for the specific needs of growing bodies ages 8-18 in a fun and safe environment where athletes can achieve their personal best.

* Personal Path to Performance

Pre-Adolescent (8-12) – Elementary school athletes focus on functional movement skills, neural pathway development, physical literacy and mastering technique to lay the foundation for future athletic enhancement. Training sessions are 60 minutes and emphasize speed, coordination, flexibility and movement skills.

Early-Adolescent (12-14) – In sports training for middle school, athletes progress to weight-bearing exercises specific to their transition through their growth spurt. Training ensures the development of athletic ability without increasing the likelihood of injury. Loads and intensities are dependent on maturation with exercises that focus on strength, power and speed development.

Mid/Late-Adolescent (14-18) – High school sport training is designed to prepare them for the rigors of high school athletics and beyond. Exercises increase in complexity and focus on improving strength, speed, agility and power. Athletes are educated on the importance of health to ensure optimal nutritional and lifestyle habits to sustain performance.

* Evaluation and Progress

Coaching for performance requires understanding and measuring potential. The student athlete evaluation is designed to assess each athlete's unique characteristics to ensure they are categorized properly based on physical and maturational status, movement ability and exercise competency. Pre and post testing is based on duration of time in the program to enforce the importance of consistency and commitment in training. Roughly every 12 sessions athletes will be tested in the area of jump, sprint, strength and power. Development is tracked and monitored through performance reporting.

\$40/m
virtual

\$180/m
in-person



NUTRITION

Overview (Virtual)

This program focuses on understanding the athlete's level of activity and creating a customized nutritional plan to increase their level of nutritional preparation and recovery

* Assessment & Evaluation

Understanding the athlete's current nutritional intake, hydration habits, and level of activity is key. This assessment and evaluation provide all the information and data needed to create a highly effective nutritional plan.

* Customized Plan

After the assessment and evaluation have been completed, our nutritionist will create a customized nutritional plan, including:

- Meal planning (breakfast, lunch, dinner)
- Hydration best practices
- Snack suggestions
- Before, during, and after practice/game preparation and recovery guidance

In addition, we will work with the parents to improve or enhance their grocery shopping so it supports the athlete's plan

* Follow up & Progress

We will schedule bi-weekly sessions to track the athlete's progress and make adjustments to our plan as needed

Players and families will have direct access to our nutritionist in case they have question, feedback, or concerns

\$165/m
virtual

3 month min
commitment



INJURY PREVENTION

Overview (In-person)

This program focuses on increasing the athlete's knowledge around what to do to reduce the risk of injury

* Assessment & Evaluation

Understanding how the athlete's body moves across all core joints and measuring mobility (Spine, Hip, Knee, and Ankle) is extremely important. Our goal is to understand what areas of the athlete's body need improvement to correct any precursor to severe injuries, such as ACL.

\$40/session
Small group

* Individual Training

After the assessment and evaluation have been completed, our Physician will identify all areas of improvement and create a personalized plan

* Small Group Training

These sessions are designed to expose all participants to injury prevention best practices. We focus on dynamic warmups and cool downs exercises

\$135
1on1

* Follow up & Progress (Individual Training only)

We will schedule bi-weekly sessions to track the athlete's progress and make adjustments to our plan as needed

Players and families will have direct access to our nutritionist in case they have question, feedback, or concerns



MENTORSHIP

Overview (Virtual)

This program focuses on providing a platform where youth athletes can connect with current and former female professional soccer players when searching for development guidance and insights

* Individual Sessions

This session is designed to provide a personalized and intimate environment where the mentor will focus all of their attention and efforts toward the challenges presented by the athlete

\$40/session
Small group

* Small Group Sessions

These sessions are designed for more general topics, such as how to prepare before a game at a professional level, where athletes are comfortable sharing information without restrictions with a small group

\$135
1on1





Our Promise

- You don't need to do this alone. We will do this together every step of the way
- You won't waste time. We will ensure that every second you invest is worth it
- You will become a better soccer player by the end of our program. **This is a guarantee**

WHAT IS REQUIRED OF YOU

01
Commitment

it's key to your success.

02
Time

You are expected to manage your time effectively

03
Effort

110% of sweat is required

04
Discipline

Following directions and instructions is extremely important to become your own hero

05
Feedback

Communicating what works or not will ensure high levels of your training and preparation



**YOU CONTROL YOUR
SUCCESS**



Contact us

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469.323.9577

Thank You

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