



FOR ATHLETES – ALL LEVELS

# Strength & Conditioning

Strength & conditioning coaching for individuals, athlete pairs, and small groups (3–5). Individualized programming built from a needs analysis around your goals. For team programs (6–30 athletes), see the back.

**Coached by a Cincinnati Reds MiLB Strength & Conditioning Coach.** MS, CSCS, RSCC · 9+ years coaching college and pro athletes · voted High-A West Strength Coach of the Year (2021) · multiple MLB All-Stars trained.

## 1-on-1 Strength & Conditioning

1 ATHLETE · 50 MIN

4-PACK

**\$400**<sup>total</sup>

**\$100/sess** · 90-day exp.

8-PACK

**\$720**<sup>total</sup>

**\$90/sess** · 120-day exp.

12-PACK

**\$1,020**<sup>total</sup>

**\$85/sess** · 180-day exp.

Programming built from a needs analysis around your goals, training age, and season phase. Pack expirations: **90 / 120 / 180 days** (4 / 8 / 12-pack).

## Athlete Pair

2 ATHLETES · 50 MIN

4-PACK

**\$560**<sup>total</sup>

**\$140/sess** · \$70/athlete

8-PACK

**\$1,040**<sup>total</sup>

**\$130/sess** · \$65/athlete

12-PACK

**\$1,440**<sup>total</sup>

**\$120/sess** · \$60/athlete

Monthly subscription option for in-season athletes — contact for details. Pack expirations: **90 / 120 / 180 days** (4 / 8 / 12-pack).

## Small Group Sports

3–5 ATHLETES · 60 MIN

1 x / WEEK

**\$640**/mo

**\$160/sess** · \$32/athlete

2 x / WEEK

**\$1,120**/mo

**\$140/sess** · \$28/athlete

3 x / WEEK

**\$1,440**/mo

**\$120/sess** · \$24/athlete

Goal-driven group training. Per-athlete cost shown at full capacity; monthly total is what the team or organization invoices.

## ONLINE COACHING Virtual Training

Custom programming delivered via the Missoula High Performance app. Periodized programs, video reviews, and bi-weekly check-ins. Built around your individual goals. Available for athletes and adults.

**\$50**/mo

## Hybrid Coaching — train with us once a week, follow your program the rest.

Available with any 1-on-1, pair, trio, or small group pack — athlete or adult. Team tier and above include the app at no charge.

**+\$40**/mo

**Free consultation. Build a program for your athlete or your team.**

GET IN TOUCH  
calendly.com/missoulahp  
MissoulaHP@gmail.com  
[YOUR WEBSITE]



# Team Programs

Three team tiers, scaled by athlete count and session frequency. Per-athlete cost shown at full group capacity. Monthly totals are what the team or organization invoices. (Small Group Sports, 3–5 athletes, see front.)

PROGRAM / FREQUENCY	GROUP	LENGTH	PER SESSION	PER ATHLETE	MONTHLY
<b>Team Training</b> 6–12 athletes <b>MHP APP INCLUDED</b>					
1×/week	6–12	70 min	\$350.00	\$29.17	\$1,400
2×/week	6–12	70 min	\$275.00	\$22.92	\$2,200
3×/week	6–12	70 min	\$250.00	\$20.83	\$3,000
<b>Large Team Training</b> 13–20 athletes <b>MHP APP INCLUDED</b>					
1×/week	13–20	80 min	\$475.00	\$23.75	\$1,900
2×/week	13–20	80 min	\$400.00	\$20.00	\$3,200
3×/week	13–20	80 min	\$375.00	\$18.75	\$4,500
<b>Squad Training</b> 21–30 athletes <b>MHP APP INCLUDED</b>					
1×/week	21–30	90 min	\$600.00	\$20.00	\$2,400
2×/week	21–30	90 min	\$525.00	\$17.50	\$4,200
3×/week	21–30	90 min	\$475.00	\$15.83	\$5,700

### WHAT'S INCLUDED

- Programs built per athlete & goal
- Initial baseline S&C testing
- Periodic re-tests & progress reports
- Coach-led warm-up to cool-down
- MHP App included (Team tier+)

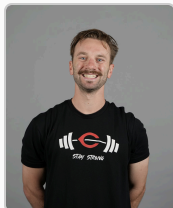
### ADD-ONS & CONTRACT DISCOUNTS

Multi-season / off-season discounts	Ask
Intake fee – Large Team (13–20)	\$300
Intake fee – Squad Training (21–30)	\$500

Best applicable discount applies – discounts do not stack.

### PACK & POLICY DETAILS

4-pack expiration	90 days
8-pack expiration	120 days
12-pack expiration	180 days
Injury/illness freeze (w/ documentation)	30 days
Session no-show / cancellation	24 hrs
Refund notice (unused sessions)	7 days
Hybrid Coaching add-on	+\$40/mo



**Brennan Mickelson**  
MS, CSCS, RSCC

**Cincinnati Reds – MiLB Strength & Conditioning Coach**  
**NSCA – Montana State Director**

Previously: Seattle Mariners organization (2019–2024)

**Strength & Conditioning Coach** in the Cincinnati Reds MiLB organization. Five years with the Seattle Mariners, voted **High-A West Strength Coach of the Year (2021)**. **MS in Exercise Science, University of Montana**. 9+ years coaching collegiate, minor league, and professional athletes – **including multiple MLB All-Stars** in seasons prior to their selection.

**Certifications:** NSCA-CSCS · NSCA-RSCC · TPI Level I + Medical Level II · FMS Level I + II · Multi-Directional Speed Instructor · CPR / First Aid