Elevation One Physiotherapy

Dear Ilse,

RE: Proposal for Strength and Conditioning Sessions

We are excited to present a unique partnership opportunity tailored for your pole-vaulting athletes at Elevation One Physiotherapy. As physios committed to the development and success of your athletes, we believe this collaboration will enhance their performance and well-being.

Partnership Details

Services Offered

Physiotherapy Support: Comprehensive access to our expert physiotherapists for injury prevention, treatment, and recovery.

Periodic Testing: Regular assessments using advanced equipment, such as force plates, to evaluate and monitor athletes' strength levels and progress.

Strength and Conditioning (S+C) Sessions: Customised to enhance performance, prevent injuries, and improve overall athletic capabilities specifically for pole vaulters. We want to ensure that these are individualised and specifically tailored to the individual athlete and in response their test results. The frequency of these may vary depending on the individual level on independence and confidence with adhering to programming.

Recommended sessions for an experienced independent athlete (familiar with free weights, etc.):

- Week 1: 1 session for testing, 1 session to go through new S+C program
- Week 2: 1 session to determine readiness to advance S+C program's load
- Week 3-6: Independent training

Discounted Rates

To support your athletes, we are pleased to offer a 30% discount on all strength and conditioning sessions and physiotherapy services. This would usually cost $100 per session*, but with the discount rate it would be $70, or $210 per 6 weeks.

This special rate ensures that your athletes receive top-quality care at a more accessible cost.

Marketing and Social Media Collaboration

In return for the discounted rates, we kindly request permission to:

- Film the Sessions: Capture video footage of the training sessions at our facility.
- Social Media Usage: Utilise the recorded footage and images for our social media platforms and marketing campaigns.

This collaboration will provide us with valuable content to showcase our services' effectiveness and highlight the dedication of your athletes. It will also offer your athletes additional exposure, emphasising their commitment to maintaining peak physical condition.

Benefits for Your Athletes

- Expert Guidance: Access to our experienced strength and conditioning coaches and physiotherapists.
- Enhanced Performance: Receive tailored programs designed specifically for pole vaulting athletes.
- Increased Exposure: Gain visibility through our social media channels, promoting their personal brand and athletic achievements.
- Accurate Monitoring: Benefit from regular strength assessments to track progress and adjust training programs accordingly.

Next Steps

We would be delighted to discuss this proposal further and address any questions you or your athletes may have. Please contact us at 02 9999 5067 or phil@elevation-one.com.au to schedule a meeting at your earliest convenience.

Thank you for considering this partnership opportunity. We look forward to the possibility of working together to support the success and health of your athletes.

Warm regards,

Phil Leung
Elevation One Physiotherapy

*Service prices are subject to change every year.