

SPORT PERFORMANCE COACHING



MEEES

sport performance

**-TRAIN WITH INTENT-
PERFORM WITH CONFIDENCE**

GUIDANCE FOR ATHLETES WHO WANT A CLEAR PLAN



MEEES VAN DEN BOOGAARD

**PHYSIOTHERAPIST
SPORT PERFORMANCE COACH**



WHAT IS IT?

SPORT PERFORMANCE COACHING IS A FORM OF PERSONAL COACHING THAT FOCUSES ON THE WHOLE PICTURE: DIET, LIFESTYLE, INJURY PREVENTION, AND THE USE OF STRENGTH AND SPEED TRAINING.

I HELP YOU BETTER UNDERSTAND HOW WE CREATE AN IDEAL TRAINING ENVIRONMENT WHERE YOU CAN IMPROVE THE SKILLS YOU WANT TO DEVELOP.

FOR WHO?

ANY ATHLETE

THIS TYPE OF COACHING IS TAILORED GUIDANCE THAT COULD HELP ANY ATHLETE, FROM FOOTBALL PLAYER AND ROWER TO TRIATHLETES STRUGGLING WITH FINDING THE RIGHT PATH TO IMPROVING THEIR PERFORMANCE.

WHERE?

FYSIOTHERAPIE CERAMIQUE

MOST OF THE TRAINING WILL BE DONE INDEPENDENTLY, IN YOUR OWN TIME. CONSULTATIONS AND ONGOING COMMUNICATION AT OUR PHYSIOTHERAPY CLINIC ARE USED TO ADAPT AND MONITOR YOUR TRAINING SCHEDULE AND PROGRESSION, USING OBJECTIVE MEASUREMENT TOOLS AND A SCIENCE-BASED APPROACH.



MEES_SPORTPERFORMANCECO.



MEES@FYSIOTHERAPIECERAMIQUE.NL



MEES VAN DEN BOOGAARD



043 351 0501

DUITSEPOORT 11
6221 VA, MAASTRICHT