

## Your Athlete Hub Synopsis

**Is your child playing so much sport that they're constantly sore, experiences niggles or even injuries? Let me show you how they can put injuries to bed and have their best season ever!**

My name is Jayden and I'm the owner of Your Athlete Hub. Firstly, we are excited to begin our Partnership with Maroondah Magic Basketball Club starting in 2024. To kick off this partnership, we would like to introduce ourselves to your basketball community!

At Your Athlete Hub, we are a Strength & Conditioning Facility who specializes in youth athletic training. So what does this mean?

We train driven individuals that are looking to improve their sporting outcomes through becoming stronger, more powerful, increasing endurance capacity and ultimately train like an athlete. We work with hard working people from ages 12-24 as our main demographic. We consider ourselves a complete support system for athletes.

This means, at Your Athlete Hub, we are more than just lifting weights. Our training systems address injury, recovery, nutrition, hydration, load management amongst physical development (strength, mobility, agility and speed).

Often parents ask "why is this so important for my son and/or daughter?". A complete athletic support system will keep your son/daughter on the court for the longest period of time, no matter the level they play at! If you are injured, you can't play your sport and continue to get better!

We have had 100+ athletes attend our facility in 2023. You won't believe some of the success stories we've witnessed in the last 12 months...

The first example I'll share is AFL player Mitch. Mitch overcame 4 hamstrings strains, 3 ligament tears in his ankle to return to playing football in 2023. From missing 2 years of football, to now playing injury free.

Secondly, basketball player Josh added 15 cm to his vertical jump in just 12 months. This has been during playing basketball and football with no off-season... This wouldn't be possible without his emphasis on recovery (sleep, hydration, nutrition) that has supported his hectic schedule!

These results wouldn't be possible without the guidance of our elite training systems developed from the College and Professional Sports systems I've had the privilege to work in. It amazing to see so many young kids transform, not just physically but there understanding of health and wellbeing.

As we begin our partnership with Maroondah Magic, I thought it would be great to share what that is going to look like.

In 2024, our coaching systems will be passed onto the coaches to use for warm ups and training sessions throughout the year. This will help provide useful tips, fitness drills and workouts that your coaches can implement to their sessions.

Cheers to a big and successful 2024!

Kind Regards,

Jayden Clay

A stylized, handwritten signature in black ink, consisting of several overlapping loops and a long horizontal stroke at the bottom.

J A Y D E N C L A Y  
OWNER OF YOUR ATHLETE HUB