JPC

JUNIOR PERFORMANCE
COACHING

ONLINE PERFORMANCE COACHING

GET FASTER.
GET STRONGER.
BECOME MORE ATHLETIC.

Individual coaching for young athletes who want a clear plan, useful feedback and measurable progress - wherever they train.

WHAT THIS MEANS

After enrolment, you receive an invitation to the Everfit app. Your individual program, exercise demonstrations, training records, weekly check-ins and selected video feedback are managed there. JPC reviews your information and adjusts the plan as you progress.

BRISBANE + ONLINE

CLIENT PROCESS GUIDE

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YOUR COACHING JOURNEY

FROM FIRST ENQUIRY TO A CLEAR PLAN

You will always know what happens next. The process is structured, but the coaching is individual.

01

ENQUIRY + FIT CHECK

Tell us your age, sport, training background, schedule, equipment, injury history and what you want to improve. A parent or guardian should be involved for athletes under 18.

02

STARTING ASSESSMENT

Complete simple movement and performance tests using clear instructions. This may include sprint, jump, strength and movement videos. The results create your starting point.

03

YOUR PROGRAM

After enrolment, JPC invites you to Everfit. Your plan appears in the app with warm-ups, exercises, sets, repetitions, rest periods, sprint work and demonstration videos.

04

TRAIN + RECORD

Complete each session in Everfit and log the work, loads, repetitions, times, difficulty and any pain or unusual soreness. Selected exercises may need to be filmed.

05

FEEDBACK + ADJUSTMENTS

JPC reviews check-ins, training results and technique videos. Coaching cues or program changes are provided when something needs to improve.

06

RETEST + PROGRESS

Selected measures are repeated at the end of each training block. The next block is based on progress, consistency, sport demands and what still needs work.

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THE WEEKLY RHYTHM

WHAT A NORMAL WEEK LOOKS LIKE

The plan fits around team training, games, school and recovery. It should add direction - not simply add more fatigue.

MON	**PLAN**	Open Everfit, review your sessions and check any updates.
TRAIN	**COMPLETE**	Follow the programmed sessions and record your results in Everfit.
VIDEO	**UPLOAD**	Upload requested technique clips through Everfit.
SUN	**CHECK IN**	Complete your Everfit check-in: energy, sleep, soreness and challenges.
NEXT	**ADJUST**	JPC reviews the information and changes the plan when needed.

EVERY FOUR WEEKS

REVIEW. RETEST. REBUILD.

Repeat selected tests, compare results and technique, review consistency and set the focus for the next training block. Progress is judged by useful evidence - not hype.

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THE COACHING AGREEMENT

WHAT YOU RECEIVE - AND WHAT MAKES IT WORK

Online coaching works when the program is individual, communication is honest and both athlete and coach do their part.

WHAT JPC PROVIDES

- Everfit access after enrolment
- Individual plan around your sport and schedule
- Clear sessions with demonstrations, sets, reps and rest
- Weekly check-in review and sensible adjustments
- Feedback on selected technique videos
- Regular performance review and retesting

WHAT WE NEED FROM YOU

- Complete sessions consistently and record honestly
- Follow filming and testing instructions
- Report pain, injury, illness and schedule changes early
- Send clear videos when requested
- Communicate respectfully and complete check-ins
- Use suitable equipment and a safe environment

GOOD TO KNOW

Do I need a full gym?	No. Your plan is based on the equipment and safe training space available to you.
Is this only for AFL?	No. JPC develops speed, strength, power, agility, fitness and movement for many sports.
What if I am injured?	Tell JPC before training. Online coaching is not injury diagnosis or rehabilitation; medical or allied-health clearance may be required.
Are results guaranteed?	No honest coach can guarantee an outcome. Progress depends on your starting point, consistency, recovery and how well the plan is followed.

READY TO START?

SEND JPC A COACHING ENQUIRY

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