

MAY 2010

IN THIS ISSUE

## And Your Score Is...?

This month, we're going to keep it simple and to the point. We want to give you a test. It's not a hard test, but it might be one of the most profound you ever take...

It's designed to give you real-world data about yourself and your current level of athleticism. There are two important quotes you want to keep in mind as you take this test:

**"All progress starts by telling the truth."**

- Dan Sullivan, The Strategic Coach

**"Measure everything of significance. I swear this is true. Anything that is measured and watched, improves."**

- Bob Parson, Founder of GoDaddy

This test covers the nine basic attributes found in the Z-Health 9S Athletic Development Model:

Z-Health 9S Athletic Development Model



Before you take the test, you need to understand a few things about the model...

### Rule #1: You are in charge!

You, the athlete, are the center of everything. The job of all training is to make you, the athlete, expand – be better. Each attribute bubble can be squeezed into you – the athlete – making you expand and grow. Your job is to ensure that you are squeezing the correct bubble in your training day-to-day – never forgetting that ALL of them must be trained over time if you want to function and play at your best.

**Rule #2: If you don't know what it means, you can't train it!**

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## EVENTS CALENDAR

Be sure to check [our website](#) regularly for updates.

### Essentials of Elite Performance

**San Francisco, CA**  
May 14-16

**Cleveland, OH**  
June 18-20

**Chicago, IL**  
June 25-27

**Minneapolis, MN**  
July 16-18

**Seattle, WA**  
August 20-22

**Southern California**  
November 12-14

**Orlando, FL**  
December 10-12

### R-Phase

**Phoenix, AZ**  
May 21-23 & June 25-27

**Boston, MA**  
June 11-13 & July 16-18

**Copenhagen, Denmark**  
July 26-31

**San Francisco, CA**  
July 30 - August 1 & September 10-12

**Minneapolis, MN**  
August 27-29 & October 8-10

Many athletes never improve very much because they only know a few things to work on. That's not Z-Health, and because you are reading this we assume that's also not you!

To make sure that you can begin thinking about all of your training in a different way, let's clarify what each of these attributes means:

1. **Skill:** Everything is a skill – and perfect, repetitious practice is how you build it.
2. **Strength:** If you are as flexible as Gumby, but can't pick up the water bottle for the cooler at the office, what good is it? There is no substitute for strength.
3. **Style:** You love your sport, but does your sport love you? Adaptation of your sport to your body is the key to success. All great athletes do the same thing... differently.
4. **Spirit:** Realize that how you feel affects how you think. How you think affects how you feel. How you move affects both how you feel and how you think. Learning to effectively manage your mental hardware and software is key to being your best, forever.
5. **Structure:** How are you built? What does it matter? Can you change it? Some bodies are better at some things than others.
6. **Sustenance:** How, When, Where, Why and What you eat have more power to change your health and physique than virtually anything else you will ever do.
7. **Suppleness:** If you can't move with fluidity and coordination, all the strength and endurance work in the world will never help you reach your full potential.
8. **Stamina:** Tony Blauer, combatives expert extraordinaire, accurately states, "You can't fake endurance."
9. **Speed:** In virtually any sport, great coaches often say, Speed Kills... the competition. How fast are you?

Now that you have some ideas of what these words mean, it's time for your test...

Rate yourself on a 1-10 scale for each of the 9S attributes, with 1 being "I couldn't possibly have LESS of this attribute," to 10 being "Bring it. I've got this to spare..."

As you do this test, be realistic... don't compare yourself to a world-champion bench presser when it comes to strength, unless he's your competition!

Instead, look at the people around you who are **models of how you would like to look, feel, and move.** Consider them a 10 in the required attribute and then rate yourself accordingly.

## THE TEST

1. Strength \_\_\_\_\_
2. Suppleness \_\_\_\_\_
3. Stamina \_\_\_\_\_
4. Speed \_\_\_\_\_
5. Style \_\_\_\_\_

### I-Phase

Denver, CO  
June 17-20

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Phoenix, AZ  
August 5-8

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Boston, MA  
September 16-19

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Copenhagen, Denmark  
October 28-31

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San Francisco, CA  
December 9-12

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### S-Phase

Phoenix, AZ  
June 3-6

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Phoenix, AZ  
October 14-17

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### T-Phase

Phoenix, AZ  
November 4-7

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### 9S Certification Series

**9S: Strength & Suppleness**  
Phoenix, AZ  
July 9-11

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**9S: Sustenance & Spirit**  
Phoenix, AZ  
September 24-26

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**9S: Speed**  
Phoenix, AZ  
December 2-5

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6. Structure \_\_\_\_\_
  7. Sustenance \_\_\_\_\_
  8. Spirit \_\_\_\_\_
  9. Skill \_\_\_\_\_
- Your Total:** \_\_\_\_\_

Next month, we'll give you some ideas of what we consider "good" rating levels for athletes of different sports from amateur weekend warriors to world champions.

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## Earn Continuing Education Credits

### DO YOU NEED CREDITS WITH?

- ACE
- ACSM
- AFAA
- BoC (Athletic Trainers Certifying Board)
- ISSA
- NASM
- NCSF
- NFPT
- NSCA

**Essentials of Elite Performance** has been certified for continuing education credits with all of the above agencies, in many cases for up to two years worth of credits!

Imagine a single course that teaches injury rehab and pain relief, sensory integration training, AND athletic transitions, linear speed, and lateral speed.

Add to that 6 different self-assessments so you know immediately whether what you did benefitted your performance or not – and you now have a powerful system in your hands.

To make sure you get the opportunity to learn these skills and the chance to **take yourself and your clients from great to exceptional**, we are teaching this program around the country.

- San Francisco, CA. May 14-16.
- Cleveland, OH. June 18-20.
- Chicago, IL. June 25-27.
- Minneapolis, MN. July 16-18.
- Seattle, WA. August 20-22.
- Southern California. November 12-14.
- Orlando, FL. December 10-12.

You can learn more about the course [online](#), call us at 1-888-394-4198, or email [info@zhealth.net](mailto:info@zhealth.net), and we'll be happy to help you decide if Essentials is right for you.

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## Newsletter Archive

**Did you miss an issue of the Newsletter?** Our regular newsletter is filled with interviews, articles, reviews, and all of the goodness that is Z-Health Performance.

**Are you receiving our Training Tips?** These brief training nuggets will be sure to enhance all of your activities.

Catch up on all of [our back issues](#) on the Z-Health web site or click on the "Manage your Subscription" link on the bottom of this email to ensure you are getting the latest news.

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## Become a Fan on Facebook

Z-Health is on Facebook, and right now it's the ONLY place where you can see photos of the Z-Health Performance Training Center and recent certifications.

If you are already on Facebook, [become a fan](#), write on our Wall, or ask a question on our Discussion board. We'd love to hear from you.

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## Learn More on YouTube

**Interested in the science and theory behind Z-Health?**

**Want some athletic performance tips and tricks?**

Check out our growing video library on [YouTube](#). Our most popular clips include:

- [Hamstring vs. the Running Shoe](#)
- [Jump Landing Training](#)
- [Z-Health in 3 Minutes](#)

Enjoy!

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