

SPORTS PERFORMANCE PROGRAM



The Sports Performance Program is structured with an optimized combination of speed, power, strength and conditioning training. Our top level coaches provide assessments and individualized training programs to meet the sport-specific demands of our athletes.

GET IN TOUCH

For current program dates, times and athlete registration, please connect via email:

HEAD STRENGTH COACH, DAVID POW
dpow@whiteoaksresort.com

SILVER PACKAGE

3 semi-private sessions (90 mins) /WEEK
\$400+hst/MONTH

GOLD PACKAGE

5 semi-private sessions (90 mins) /WEEK
\$552+hst /MONTH

HPC COACHES



DAVID POW
Head Strength Coach



AUSTIN BENEVIDES
Strength Coach



ROBERT UYS
Strength Coach