



YOUTH ATHLETE WELCOME PACKET

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"IT'S A LIFESTYLE"

Welcome to PowerStrength Training Systems! We're so glad you're here and excited that you chose to take steps toward becoming a stronger, more confident athlete. Our programs are designed to help you improve safely and effectively, while also building life-long healthy habits.

You'll be challenged physically and mentally, but you'll also be supported by coaches and teammates who want to see you succeed. Every session is an opportunity to grow—not just in performance, but also in character, confidence, and resilience.

At PowerStrength, we believe training should be both smart and purposeful. Everything we do is designed to help you make progress, avoid distractions, and develop the mindset that separates good athletes from great ones. Many athletes before you have set the tone, and now it's your turn to continue that tradition.

We are here to guide you, encourage you, and help you build strength that goes far beyond the gym. Let's get to work—welcome to the PowerStrength Family!

Thank you and welcome to the PowerStrength Family!

—Mark and the PSTS Team



BUILD THE “STRONG 6” HABITS

Here are six small changes that can make a huge difference for athletes:

1

Choose real, whole foods instead of packaged or processed foods whenever possible.

2

Plan ahead so you have snacks and meals ready—especially around breakfast and workouts.

3

Drink plenty of water throughout the day instead of soda or sugary drinks.

4

Aim to include a source of protein with every meal, including breakfast.

5

Eat regularly, every 3–4 hours, to stay fueled and energized.

6

Be grateful for the food you have and the support, from others, that helps you succeed.



EXPECTATIONS FOR POWERSTRENGTH ATHLETES

Expectations on Attitude and Respect

1. Show up ready to give your best effort.
2. Stay positive and avoid excuses.
3. Listen to coaches, respect teammates, and be open to learning.
4. Be on time and prepared for your session.
5. Respect everyone in the gym through your words and actions.
6. Leave distractions (like phones) away during training.
7. Encourage your teammates and help each other succeed.
8. Represent yourself, your family, and your gym with pride inside and outside of training.

Expectations While in the Gym

1. Prioritize safety and good technique.
2. Put equipment back where it belongs.
3. Keep the space clean and welcoming for everyone.
4. Be friendly to new athletes and guests.

Expectations While away from the Gym

1. Stay on top of schoolwork—school always comes first.
2. Be respectful to parents, teachers, and coaches.
3. Carry yourself with confidence and kindness in public.
4. Take responsibility for your actions.
5. Remember—you represent yourself, your family, and PowerStrength at all times.



POWERSTRENGTH PYRAMID SYSTEM - CORE VALUES

PowerStrength was built on a set of core values that we require all of our PSTS staff to abide by and instill within our athletes. We teach our athletes these values as they grow within the PowerStrength program – to be leaders in their schools, teams and families. Our PSTS Pyramid System has helped hundreds of athletes succeed in life and athletics. To us, training is much more than lifting weights, getting faster, or getting stronger – at any age. As you continue reading, start to think of how you can apply, or enhance, some of these values in your own life. We know it will pay off for you throughout your athletic career – and beyond.



The Growth Mindset

Success both in the gym and in life is built on the Growth Mindset. The Growth Mindset starts with the belief that your basic qualities such as intelligence, athletic ability, interests, and talent can be improved with effort. You can always improve. Failures are opportunities to get better. The opposite of the Growth Mindset is the Fixed Mindset, meaning, things are the way they are and you can never improve them.

Integrity

Every action inside the gym and out must be done with integrity. Having positive values and character traits instilled at a young age develops integrity. Integrity is doing what is right, even when no one is looking. People with integrity are trustworthy, honest, and respectful. It's a fact that your integrity will be challenged with age and various sport and life experiences – continue to develop it daily.



Influence

To have influence over someone, even just one person, means that you are a leader to that person. It is up to you to determine if you are a positive or negative influence on the people around you. You never know who's watching you or listening to what you say. Remember that the smallest thing could influence positively or negatively.

The Family

We have a "family-like" atmosphere at PowerStrength. Training at PSTS isn't for everyone. It is designed to develop relationships with other like-minded people in order to create a recipe for success – it's a built-in support system of athletes with similar goals in mind. No matter what, the majority of your friends, teammates, and maybe even some coaches, won't "get it." Don't be discouraged when you try and explain it to them. Your PSTS Family understands and that is all that matters once we get to work. Always support one another.

Be a Pro

This doesn't mean everyone makes it to the NFL, NBA, NHL, MLS, or the Olympics. This means that you must take a professional mindset towards everything you do. Being a pro means doing the little things when no one else is, and doing them more often than anyone else. You don't have to be a pro to have professional habits.

At Home – do your chores without being asked, have a clean room, help with yard work, do the dishes, pick up after yourself, and practice good nutrition and recovery habits.

At School – pay attention in class, ask questions, do your homework, sit in the front, be on time, don't be a distraction, and be a leader to your peers. Your teachers and school staff should be able to trust you.

In Sports– be early, listen with your eyes and ears to instruction, always hustle and work hard, be a good teammate (lead from the front), put in extra work, help those who need it, lend a hand to clean up or set up. Your coaches should be able to trust you.

In Training – embrace the challenge, be coachable, never quit, check your ego, be mentally focused, be early, put in extra work when needed, and practice the growth mindset.



Consistency

There are no quick fixes. Becoming great at your sport takes hours, years, and thousands of reps to develop the correct habits to carryover into game situations. Training is the same exact thing. Training is an ongoing process that produces the best results with consistency. The best athletes we have at PSTS train all year long. When you come across another athlete who only squeezed in a couple months before the season, you'll win both physically and mentally

Work Ethic

Nothing worth having is ever easy. If you want to improve and get results, you're going to have to work hard, work smart, and work some more. The quicker you can develop a great work ethic the quicker you will see progress. GET COMFORTABLE BEING UNCOMFORTABLE. Hard work requires zero talent.

Train Smart

At PowerStrength we have invested an incredible amount of resources in studying and training thousands of REAL athletes to bring the most up-to-date and effective training methods to you. It's our job to provide the most effective program to fit your needs and get results as quickly as possible. The athletes who improve the most are the ones who are the most dedicated. They BUY INTO the program and trust the process. They do their training "homework" outside of the gym as well.

Eat For Success

The most commonly overlooked aspect of improving your athletic performance is nutrition. What you put into your body is just as, if not more important, than any training program or exercise that we can give you. If you want to get faster, stronger, and move better, you HAVE to start concentrating on the type of fuel you are using to power your MACHINE! This is up to you as nobody is going to feed you all day every day. Learn how to make smart choices and discipline yourself to follow-through. It is always noticeable of who is eating for success outside of the gym.

Complacency Kills

"Complacency Kills" is a motto we use to ingrain the habit of further progress. Training alongside other like-minded athletes gives this even more meaning. There is always someone out there looking to take your spot on the team or aiming to beat you. There is always someone better- what will happen when you meet them? Celebrate successes, but use them as fuel to set a new goal and achieve it. This is the peak of our program and it elicits great results because everyone shares this mindset. This has allowed many PSTS athletes to maximize their potential and play at their highest level. Stay Hungry. Stay Humble.



NUTRITION TIPS

Nutrition and recovery are a vital part of your training and performance development program. Eating well, staying hydrated, and getting quality sleep are the most powerful tools available to you as an athlete. Regardless of how great your strength training, conditioning, and/or skill work is – you will not see maximum benefit until you learn to optimize your recovery between training. Nutrition information and resources such as this manual are part of our your PowerStrength program – make it count!

There are 168 hours in every week, and you probably practice/train for around 10–15 total hours each week. If you think what you do in those 10–15 hours of work outweighs what you do in the 143+ hours of recovery you're not going to be as successful as you could be as an athlete. Attack your nutrition and sleep as hard as you attack your training, and you'll not only be in a great spot to succeed – you'll also be miles ahead of your competition. We expect you work as hard at the breakfast table as you do in the squat rack, and we'll hold you to that high standard each and every time you step foot into PowerStrength.

DISCLAIMER:

These statements have not been evaluated by the Food and Drug Administration. This manual is for information purposes only and is not meant to diagnose, treat, cure, mitigate, or prevent any type of disease or medical condition. We are not doctors or registered dietitians. The following consists of recovery and eating habits that are common among today's serious athletes. Before beginning any type of natural, integrative or conventional nutritional regime, it is advisable to seek the advice of a licensed healthcare professional. If you feel your situation requires special means please let us know so we can refer you to the correct nutrition professional(s).



PROTEIN

Protein's primary role is tissue growth and repair – and it's the most powerful nutrient for both gaining muscle and losing fat. Protein will help you recover from your workouts faster and reduce muscle soreness. It takes a while to break down, and your body is essentially always repairing and growing – so you should try to spread your protein intake out over the course of the day. Every meal you eat should include a high-quality protein source. Adding more protein around your workout (your pre-workout and/or post-workout meal) is helpful, but the main goal we want to achieve is to increase the total amount of protein you get in a full day.

Actionable Goal – aim to consume 1 gram of protein per pound of bodyweight daily

- Whole Eggs
- Lean Meats – beef, chicken, turkey, pork, etc.
- Seafood – fish, shrimp, shellfish, etc.
- Nuts and Nut Butters – almonds, cashews, walnuts, peanuts, etc.
- Dairy – Greek yogurt, cottage cheese, cheese, milk
- Beef Jerky/High Quality Deli Meats
- PowerStrength Whey Protein Powder

CARBOHYDRATES

Carbohydrates ('carbs') are the primary fuel source for most of your body's processes, and they're what keeps you going in training, practice, and games. Make sure to consume plenty of carbs both pre-workout and post-workout. Carbohydrates provide the body with the energy it needs to perform quality work. When carb levels are low in the muscle and blood, so are your body's energy stores (glycogen). This will cause your muscles to fatigue faster. Carbs come in a lot of varieties, but for our purposes we tend to split them into two main groups: slow carbs and fast carbs.

Actionable Goal – aim to consume most of your fast (sugary) carbs around your workout and mostly slow (starchy) carbs the rest of the day.

Slow Carbs

Slow carbs are more complex and starchy (potatoes, rice, oats, vegetables, etc.) and they'll give you energy for longer – these are the carbs you want to focus on throughout your day.

Fast Carbs

Fast carbs are more simple and sweet (fruit, juice, etc.) and they're good for quick bursts of energy – these are the carbs you want to consume closer to your training, practice, and games.



WATER

Most of your body is water, and an even higher proportion of your muscles (about 75%) is made of water. Dehydrated athletes get hurt more, sleep worse, digest and utilize nutrients less efficiently – and ultimately perform worse than hydrated athletes. Even a little dehydration has a massive impact! You don't want to wait until your mouth is dry and you've got a headache, to start drinking water. You also don't need to force-feed yourself water and hit the bathroom every 15 minutes, but you do need to drink a decent amount daily and drink it consistently. A good water goal is half your bodyweight in ounces of water – each day as a baseline.

During intense training, especially when it's hot and you're sweating a lot, it's also important to replace electrolytes that were lost. There are a number of electrolyte sources to choose from – fruits, vegetables, and sports drinks. These drinks often contain a lot of sugar, so they should be used in the pre/during/post workout time block.

Actionable Goal – aim to consume half of your bodyweight in ounces of water per day

FATS

Fats act as a primary source of energy for the body when energy demands are low (i.e. not training or competing). All of the cells in your body are made of fats, your hormones are mostly made from fats, and fats are a great long-term energy source. Fats, and especially good fats, are the glue that holds everything together.

There are 'good' fats and 'bad' fats. It is necessary for the body to consume good fats to maintain proper function. Try to minimize bad fats – like the ones found in fried foods.

To be clear: the dietary fat you eat in food isn't automatically made into body fat – they're not the same thing. Good fats from fish, nuts, eggs, etc. are absolutely necessary, and they should be spread throughout your day like protein.

Actionable Goal – aim to consume some 'good fats' with every meal other than your pre/post-workout meals. Those would include:

- Cooking Oils – olive oil, coconut oil, avocado oil
- Nuts – almonds, cashews, walnuts, pecans, nut butters
- Seafood – fish, shrimp, shellfish, etc.
- Whole Eggs
- Avocado



MASS & MUSCLE GAIN VS. BODY FAT LOSS

Gaining weight and losing fat requires similar nutrition and recovery strategies. You only need to adjust the total amount of food you eat. If your goal is to gain weight, you must take in more calories than you burn. If your goal is to lose weight, you must take in less calories than you burn.

Keeping your food quality high, your water intake high, and your protein intake high will allow you to gain weight/lose weight more efficiently and effectively. Maintaining great nutrition habits while eating a calorie surplus will allow you to gain the majority of that weight as good, usable muscle.

Maintaining great nutrition habits while eating a calorie deficit and losing weight will allow you to lose the majority of that weight as fat, saving your muscle.

Early in your training, and 'proper eating' career, it is entirely possible to do both of these things – gain muscle and lose body fat simultaneously.

Again, basic nutrition principles apply no matter what your primary goal is, which is why we hammer the basics at PowerStrength. If you have a clear goal and consistently follow the eating habits outlined in this manual, it makes it that much easier to direct and guide you along your nutrition path.

SLEEP

The impact of sleep cannot be overstated! If you want to multiply your efforts in everything that has been covered in this manual so far, attack your sleep 'practice' as hard as you attack your training in the gym. If you ignore your sleep, you are essentially minimizing the effort you put into eating and training right. The research is very clear: put your phone down across the room, set a consistent bedtime and wake time, and sleep at least 7 hours every night. If you can make those happen with consistency you'll get better grades, train harder, get better results out of your training, compete better in practice and games, enjoy better mental health, and reap the benefits of better physical health. Utilizing sleep enhances all aspects of your life, and is an essential nutrient. Just like the other nutrients discussed here – you must get a large amount of high quality sleep if you want to be successful.

Actionable Goal – aim to sleep 7 hours per night, every night



BETTER. NEVER. STOPS.

As you finish reading through this packet, remember that the choices you make as an athlete matters. Small, consistent actions—showing up on time, choosing good fuel, encouraging a teammate, or getting enough rest—add up to big results over time.

At PowerStrength, we believe that strong athletes build not just strong bodies, but also strong minds and strong character. We're here to guide you, challenge you, and celebrate your growth.

Thank you for being part of the PowerStrength Family. We're excited to see you push yourself, support your teammates, and carry these values with you both in sports and in life.

If you have any questions about this packet, use your resources – ask a coach! All of the coaches would love to help you maximize your PowerStrength experience and help you reach new heights!

Let's get to work—your best is still ahead!