

BARWIS EDUCATION SYSTEMS AND TRAINING

A PURPOSEFULLY DESIGNED SYSTEM TO HELP ELITE ATHLETES PURSUE AMBITIOUS GOALS WITHOUT COMPROMISING EDUCATION



BARWIS EDUCATION SYSTEMS AND TRAINING

The serious athlete is oftentimes burdened by educational constructs, societal norms, time restrictions, and the lack of systematic programming, all of which impede the progression of athletically gifted individuals. At BARWIS, we break down the barriers that limit youth athletes and afford them access to a system that includes the world's most progressive and professional physical and skill development along with the time necessary to achieve high-level academics. The serious student-athlete can have all their needs met to achieve their goals.

BARWIS is ultimately about changing lives - helping people truly become the best they can be. We help athletes of all ages and abilities achieve their maximum potential by integrating cutting-edge scientific techniques and performance enhancement training while providing a family-based environment that is fortified with a motivational atmosphere, positive encouragement, and character development.

BARWIS BEST Academy uses the core principles of grit, science, and family to help players optimize their performance and achieve uncommon results. This innovative and limit-pushing education and training program has been designed for the athlete who has ambitious academic and athletic goals and a commitment to the journey ahead. The athlete who seeks to belong to a community of high achievers and a cooperative family in the pursuit of greatness will be drawn to be a part of the BEST Academy.



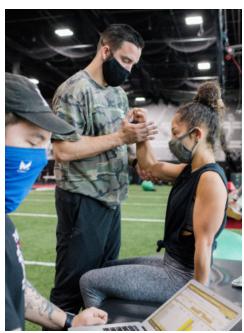
BIOMECHANICAL ASSESSMENTS. NEUROMUSCULAR SCREENING. SKILL TRAINING. PERFORMANCE TRAINING. NUTRITION. INJURY PREVENTION. ACADEMIC ACHIEVEMENT.



MANIFESTING PERSONAL GREATNESS

BARWIS training allows you to optimize your physiological preparedness while reducing the risk of injury and increasing overall performance. Whether it is in football, hockey, baseball, basketball, soccer, or any athletic venture, our training is useful for every level of athletics, preparing the individual for the rigors of their sport and position. The adaptive training cycles are designed at a cellular level to maximize individual lives and physiological development.

When you join the BARWIS education and training system, you discover that there is no limit to what you can achieve educationally and athletically with the right support, guidance, and community.







Additional Benefits:

- BARWIS Injury Prevention Program uses equipment, devices, and techniques to stimulate relief from tight or sore muscles, prevent injury, promote healing, diminish muscle fatigue and revitalize the entire body.
- Physical Therapy, Nutritional Counseling, Chiropractic Services, Massage Therapy, Injury Prevention Program, Recovery Room, and Mental Performance Coaching on-site with the highest level professionals directing each area of service
- A school schedule and training system that enables training to be scheduled at any time of day and work around practices, games, travel, appointments, etc.
- Save money on private school tuition and still have access to the schooling required to meet NCAA standards



BARWIS Education Systems and Training

How is BARWIS the world leader in performance optimization?

Conditioning the human body for optimal performance requires a comprehensive understanding of neurophysiology, biomechanics, biometrics, metabolic science, and mindset training. At BARWIS, we offer calculated evaluations and assessments in order to create individualized training programs with the highest level of detail for each person's mind, body, sport, daily life and goals. Our mission is to transform individuals into their highest performing selves by decreasing the risk of injury and resolving all issues that may hinder performance. Our attention to detail through our assessments is unparalleled as is our superior understanding of how to translate data into a safe and effective training program. Uncommon results guaranteed.

When you are a student athlete at the BEST Academy, the following performance optimization evaluations and training services are included in the program:

- ARS Screen & Corrective Exercise Program
- Biomechanical Evaluation
- Nutrition Consultation and Seminars
- BARWIS Performance Training
- Technical Skill Training
- Mental Peformance Coaching
- Yoga and Meditation
- Recovery Room Services
- Personalized Mobile App
- BARWIS Performance Gear



In addition to the above, BARWIS offers our student athletes priority access to Physical Therapy, Chiropractic Services, Massage Therapy, Birthday Parties, Batting Cages, and Turf Rentals.

The cost for the BARWIS Training Program is \$12,500. There is a \$2500 registration fee and the remaining amount is broken up into monthly payments on the 5th of every month. Scholarship applications will be made available for those who demonstrate financial need via submission of official documents like tax forms, bank statements, questionnaires, and the like.



THE XCEED PREP MODEL

SCHOOL & TRAINING IN ONE CONVENIENT LOCATION

Student athletes choose Xceed Prep, a fully-accredited school, as their education provider because the model is based on the flexibility and convenience needed to balance school and the sport you love.

Personalized Learning

Each student works with an Xceed administrator to create a personalized learning plan. All personal goals and priorities are considered, including athletic ambitions and college preferences.

Accountability

Courses are both synchronous (taken on a set schedule) and asynchronous (can be taken whenever is convenient). On-site learning facilitators keep students on track academically and provide one-on-one assistance and guidance.

Community

Learn together. Live together. Train together. Xceed Prep student athletes are part of a learning and training community located within the BARWIS Performance Center.

Opportunity

Dual enrollment courses are available for students who are interested in earning college credits. AP and honors courses are available for students looking for more challenging coursework. One-on-one college counseling helps high school students focus on schools that will take their game and performance to the next level.

Convenience

We make it easy for students to move between school and training — Xceed Prep is located within or adjacent to our partner academies. Tutoring is available daily and after-hours for anyone with questions or in need of extra help.

IF YOU HAVE QUESTIONS
ABOUT XCEED PREP, PLEASE CONTACT:
Xceed Admissions: 954-803-1230
admissions@xceedprep.org
www.xceedprep.org
(Mention on the call you are a BEST Academy Athlete)





HOW WILL ATHLETES LEARN IN THE BEST ACADEMY?

At the BEST Academy, an athlete's academic program is not a one size fits all approach. Rather, we suggest that families look into Xceed Preparatory Academy or other school options.

August 8th - August 12th

Student registration deadlines, student orientation, and BARWIS Evaluations and Assessments via scheduled appointments with BARWIS coaches and sports science providers.

August 15th

All student athletes report for first day of academic and training program

August 22nd

First day of school for student athletes selecting Xceed Preparatory Academy for academics

The BEST Academy has a daily schedule that includes time for students to work on their academic requirements while training at a professional level.

SAMPLE SCHEDULE IS AS FOLLOWS:

8:00-10:00AM - EARLY DROP OFF TIME DESIGNATED FOR SCHOOL WORK*

10:00-11:30AM - BARWIS PERFORMANCE TRAINING

11:30-12:30PM - RECOVERY ROOM SERVICES

12:30-1:15PM - LUNCH/BREAK

1:15-2:45PM - SPORT TECHNICAL SKILLS AND PRACTICE DRILLS

2:45-3:15PM - BREAK

3:15-5:00PM - LATE STAY TIME DESIGNATED FOR SCHOOL WORK*

*ADDITIONAL COSTS MAY APPLY TO TUITION FOR EARLY AND LATE STAY SUPERVISION

Academics:

Xceed Preparatory Academy is a college-prep, Cognia-accredited school that serves students in grades 6-12. When enrolled at Xceed, students can complete their coursework as it best suits their schedules—all while working from BARWIS, where your child will have a balanced program between academics and training. Students simply need a computer and an internet connection. Xceed's model combines quality academics, personalized college counseling, after-hours on-demand tutoring, and dual enrollment through various partners such as Broward College and Outlier, where credit is earned through the University of Pittsburgh. At the BEST Academy, an athlete's academic program is not a one size-fits-all approach. Rather, we suggest that families look into Xceed Preparatory Academy or other school options. The BEST Academy follows a ten-month school calendar that is similar to schools in the local area.

With Xceed, BARWIS offers student-athletes the opportunity to focus on building a robust athletic program that enables them to compete at an elite level. By providing an all-inclusive educational experience that allows students the flexibility to learn at their own pace and on their own terms, Xceed designs a personalized learning plan that focuses on the specific needs of the individual student. In addition, our teachers partake in professional development and work alongside coaches to better understand and support the athletic mindset. Xceed is tuition-based and is not included in the BEST Academy base tuition price.



Public school options, such as Florida Virtual School (FLVS), an online-public school for students who reside in the state of Florida, can also be considered.



BARWIS TRAINING & SERVICES



BEST ACADEMY - BARWIS EDUCATION SYSTEMS AND TRAINING



BARWIS TRAINING: PROGRAM COMPONENTS

SPEED TRAINING

This program provides a proper speed training progression that consists of running mechanics and technique drills. The cycles will encompass resistive running drills, free running for acceleration and topend speed, and over-speed drills that will focus on neural impulse speed and physiological adaptation.

WEIGHT TRAINING

Using a completely scientific approach to weight training progression, a cycle will be designed to meet your needs. Every program is individualized for each athlete intended to help them reach their specific goals. Our training is catered to any injuries or biomechanical issues the athlete may be experiencing.

INJURY PREVENTION

This program focuses on the strengthening and stabilization of the neck, knee, ankle, and shoulder. A stable and effectively functioning joint allows for optimum power output, which increases performance while decreasing the risk of common injuries.

AGILITY TRAINING

Are you trying to develop your on-court quickness? This cycle specifically focuses on the central nervous system to enhance change of direction, acceleration, and deceleration, while providing you with the proper progression of drills based on your sport and level of training.

CORE STRENGTH

A strong core is extremely important characteristic of any athlete. It is the center for most body movements, allowing effective transfer of power from upper and lower extremities and is necessary for increasing your speed, agility, overall strength, explosiveness, and coordination.

BALANCE AND FUNCTIONAL TRAINING

Improve your kinesthetic awareness (knowledge of body position in three-dimensional space), This program utilizes all of the body's proprioceptors to enhance performance on the field or during activities of daily living. The cycle includes a vast array of exercises to accommodate for all levels of training and remove any form of program stagnation.

FLEXIBILITY & RANGE OF MOTION

This program will help you maintain and improve your passive and active range of motion in your joints and surrounding muscles; reducing the risk of injury and promoting performance. Many times our common hamstring, back, and knee pain can be caused by inflexibility and tight structures. When following our specialized stretching program, you can eliminate these issues to further prevent any limitations in your performance. Being able to move through a full range of motion can increase power output by optimizing biomechanical leverage position.

PLYOMETRIC, EXPLOSIVE IMPULSE TRAINING

These exercises teach the body to utilize the elastic principles of the muscles and increase neural impulse speed through trained activation; this occurs all while reducing the risk of soft-tissue injury. Includes training for the upper and lower body.

ARS SCREEN, EVALUATION, & CORRECTIVE EXERCISES

The BARWIS ARS Screen (Activation Resistance Synergy) is designed to go through every joint and muscle throughout the body to help identify and resolve imbalance and pattern issues an athlete may have. We use these results to write corrective exercises catered to helping the athlete get back on track, fix any imbalances, and help them perform at their maximum capabilities.



ARS SCREEN & CORRECTIVE EXERCISE PROGRAM

MINIMIZE RISK OF INJURY. MAXIMIZE YOUR ATHLETIC POTENTIAL.

Athletes tend to build imbalances based on specific repetitive movements done in the sport they play. These imbalances lead to strength and range of motion deficits as well as compensatory movement patterns that increase the risk of injury.

The BARWIS ARS Screen provides a detailed assessment of the Range of Motion/Impedance, Activations/Inhibitions, and Synergistic Patterns of a client in order to develop a customized corrective program that resolves imbalances, weaknesses, and deficits. For the general population and elite athletes, these findings and the corrective exercise program are essential and invaluable to building a more resilient body, optimizing performance and manifesting personal greatness.

Balanced neurological function in a joint is essential to reduce injury and dramatically increase physiological performance.

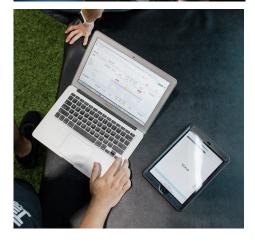
THE ARS SCREEN INCLUDES:

- 1. A Full Assessment by a BARWIS trained provider
- 2. A summary report of findings regarding asymmetries and other neurological deficiencies
- 3. Corrective Exercise Program Development

THE BARWIS ARS SCREEN IS USED BY NUMEROUS PROFESSIONAL LEAGUES AROUND THE WORLD TO EVALUATE AND CORRECT NEUROMUSCULAR PATTERNS IN GLOBALLY RENOWNED ATHLETES.









MOVEMENT OPTIMIZATION

Biomechanical Movement Assessments & Training Recommendations

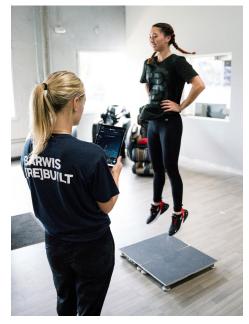
Identify Optimal & Deficient Movement Patterns. Train to Improve Athletic Performance.

Biomechanics encompasses the area of science concerned with the analysis of human movement and how forces create that movement. The complexity of the human body as a movement system makes it difficult to assess even with a trained eye. The BARWIS Biomechanical Movement Assessment utilizes state of the art equipment that captures 3D analysis to uncover movement imbalances that may inhibit optimization in sport or lead to injury. Additionally, we assess the ability of the athlete to produce and control force which allows us to determine what stresses are being placed on the body.

This Biomechanical Assessment includes Nordbord, Force Plate, and Humantrak.

- Nordbord accurately measures, monitors, and trains an individual's hamstring strength and imbalance
- **Force Plate** allows us to evaluate the postural stability, the explosive force, the power, and the reaction force from the ground and determine the best training for an athlete to optimize performance based on their deficiencies, strengths, and balance between them.
- **Humantrak** is a 3D motion tracking system to assess movement quality, range, balance, and stability and tailor training objectives according to accurate measurements.

It is recommended that the Biomechanical Assessment is added to the ARS Screen. It is a required assessment with the Performance Evaluation.









PERFORMANCE OPTIMIZATION

Sports Performance Evaluation

Determining Physiological Preparedness for the Demands of Sport

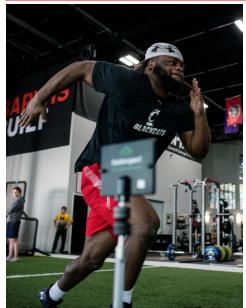
For years, BARWIS has provided sports performance evaluations for the world's top professional leagues, teams, and individuals. Designed by Mike Barwis, the BARWIS Performance Evaluations are a series of sport-specific tests in the areas of strength, speed, explosive power, agility, hand-eye coordination, and conditioning in order to ascertain an athlete's physiological preparedness for the demands of his/her sport. These evaluations also include specific body metrics like height, weight, wingspan, etc., when necessary.

The performance evaluation is a 60-minute appointment and upon completion, you will receive a report that itemizes each of your testing scores and color codes your position of readiness within your age group and sport. Included with the evaluation is a 30-minute phone or inperson consultation with a BARWIS Performance Coach.

Our evidence-based, cutting-edge performance testing produces result-based training recommendations that will take your athletic performance to the next level. The progression of an athlete and his/her development can be followed via records of future tests in comparison to the past.

The Performance Evaluation must include the Biomechanical Assessment. Customized Team Evaluations Available. Contact for Details & Scheduling.

Personal Training, Small Group Training, Team Training, Group Classes, and the Total Athlete Package are programs suggested to improve upon strengths and weaknesses discovered during the assessment and to insure consistent improvement in scores.









PERFORMANCE READINESS

Biometric Testing & Data Analysis

A Data Driven Approach to Training, Injury Prevention, and Competition Readiness

Biometric Screening

Biometrics can help to identify who's at risk for injuries and when they're able to safely return, and they can gauge athlete readiness to determine when they'll be performing at an optimal level.

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Wearable technology provides biometric data that indicates a player's readiness. This information allows coaches/trainers to adjust an athlete's training program accordingly and prevent injury. The data from the wearable devices will be used to create an individualized recovery and performance protocol based on each individual's biometric system.

Biometric Assessment and Wearable Devices

Biometric Charting: Omega Wave (readiness/HRV) Sleep: Fatigue Science - Multiple devices for tracking

Hydration: Urine Specific Gravity (USG)

Acute On Chronic Workload: Polar Heart Rate Monitor

Athlete Management System (AMS) data compilation from the above assessments to optimize training and performance and reduce the risk of injury Registration Fee (For 1-4 Devices)
Monthly Fee (For 1-4 Devices)







RECOVERY ROOM

Purposefully designed recovery protocols and services are essential to conditioning the human body for optimal performance.

With the world's most scientifically proven methods, BARWIS Athletic Recovery uses equipment, devices, and techniques to stimulate relief from tight or sore muscles, prevent injury, promote healing, diminish muscle fatigue and revitalize the entire body.

AVAILABLE FOR USE:

- Renew ECP Therapy
- Venom Vibration and Heat Technology
- Omega Waves
- HyperVolt
- Theraguns
- Stem Units
- Vibrating foam rollers
- Hyperice Vibrating Rollers
- Power Plate
- Bemer Devices
- Katsuu Therapy
- NICE Cold & Compression Therapy
- Zero Gravity Massage Chairs
- Hot Tubs, Cold Tubs, and Infrared Saunas
- PsoRite

Electric Current Therapies:

- EMPI Muscle Stimulation
- Marc Pro & Marc Pro Plus Muscle Stimulator
- Normatec (Full setup: legs, thighs, arms)





BEST ACADEMY - BARWIS EDUCATION SYSTEMS AND TRAINING







Through over 25 years of unparalleled experience training Olympic and professional athletes, Mike and his team learned that elite sports performance begins and ends with rigorous attention to nutrition. Decades of researching the best and worst products on the market pushed Mike to develop an effective, cohesive line for his athletes. He's now made this available to everyone who takes their training seriously.

BARWIS Nutrition offers comprehensive nutrition protocols not only for the athlete population but also for those at home who may want to follow their lead. These protocols individual consultations on a healthy diet and eating habits, proper protocols for supplementation, and recommended supermarket shopping and budgeting, and easy to follow recipes.

We offer a complete line of professional-grade supplemental nutrition designed to optimize the performance of the world's top athletes.





BARWIS MENTAL PERFORMANCE MINDSET TRAINING

Mental Performance Assessment

Identify mindset barriers to achieving optimal performance in training and on game day.

Optimal physical performance can only be achieved with a resilient mindset. The mind-body connection is one of the most overlooked factors in performance but can be the difference between success and failure. BARWIS Mental Performance utilizes assessment results to identify key areas to focus on with the goal of maximizing each athlete's potential.









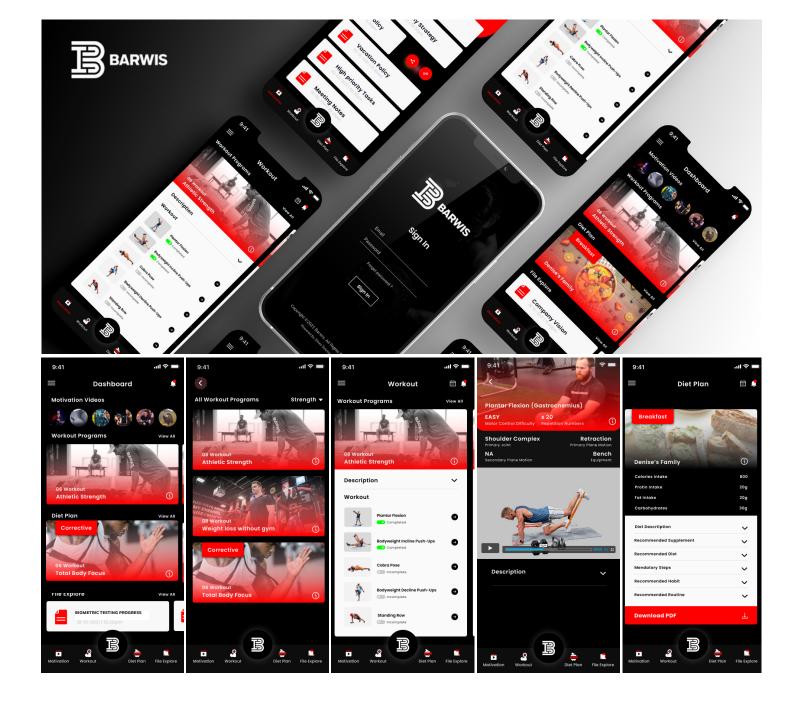
BARWIS Mental Performance focuses on establishing a winning mindset through grit, determination, and overcoming adversity. None of this is possible unless you know who you are and what you stand for. This foundational component of the mental skills program will encourage each athlete to train with intentionality and purpose. We combine the importance of physical skills with the mental aspects of performance to enhance each athlete's ability to obtain optimal levels in sport.

Laura offers one-on-one mental skills coaching, team workshops, and training for coaches, each with an individualized approach to address specific needs. Her ability to understand the mental and physical demands of sport allows her to support each athlete holistically to ensure optimal performance is achieved.



BARWIS ANYWHERE

BARWIS Anywhere is a mobile application that provides a simplified solution to access tailored workouts, sports specific training programs, nutrition plans, health and wellness coaching and more! Your personalized app allows you to stay committed to your goals when you can't get to a BARWIS performance center, when you need to travel for your sport, business or family needs, or when your schedule has you training at home. BARWIS is always there for you, Anywhere!



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BIOMECHANICAL ASSESSMENTS. NEUROMUSCULAR SCREENING.
PERFORMANCE EVALUATIONS. PERFORMANCE TRAINING. SKILL TRAINING.
NUTRITION. INJURY PREVENTION. ACADEMIC ACHIEVEMENT.

TO FIND OUT MORE INFORMATION & PRE-REGISTER (NO COMMITMENT), PLEASE CONTACT US BY EMAIL AT HPRESBERG@BARWIS.COM OR CALL 954-449-0850 EXT. 102

LOCATION:

BARWIS PERFORMANCE CENTER 378 HILLSBORO TECHNOLOGY DR, DEERFIELD BEACH, FL 33441



SCAN TO FILL OUT
OUR INTEREST FORM