

# DR. JASON SELK

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*the relentless pursuit of greatness*

## Individual Athlete Coaching

### Gold Plan

**Month 1:** Includes three 2-hour individual training sessions with Dr. Jason Selk (meetings are preferably done in person with athlete traveling to St Louis for meetings).

**Months 2-12:** Includes one meeting quarterly (4 meetings total) with Dr. Jason Selk (meetings can be completed over the phone if athlete does not reside in St Louis).

### Platinum Plan

**Month 1:** Includes three 2-hour individual training sessions with Dr. Jason Selk (meetings are preferably done in person with athlete traveling to St Louis for meetings).

**Months 2-12:** Includes one meeting monthly (11 meetings total) with Dr. Jason Selk (meetings can be completed over the phone if athlete does not reside in St Louis) and bi-monthly accountability email exchange.

### Payment

**Gold Plan: \$2990.00**

**Platinum Plan \$5990.00**

Out-of-network insurance reimbursement is available, payments are tax deductible for professional and Olympic level athletes and 10% lump sum payment discounts apply.