

## Maximize your potential to perform at your best

Ascension Seton Sports Performance specialists help people of all ages and fitness levels to feel, function and compete at their best. We're here to listen and help athletes from youth to college, weekend warriors to Olympians optimize performance at sport and life.



### Location:

Ascension Seton Sports Performance  
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pricing or further information

# Ascension Seton Sports Performance

Feel, function and perform at your best



**Ascension  
Seton**



# Sports Science Testing Services

## VO2max:

- Gold standard for Cardiovascular fitness and endurance exercise performance
- Determines your precise exercise training zones
- Monitor training progress
- Determine race pace (i.e. marathon or cycling)

## Body Composition:

- Medical grade bioelectrical impedance allows for quantification of fat and muscle mass

## Resting Metabolic Rate:

- State of the art, precise measurement of your body's baseline energy usage, ideal for informing weight loss programs

## Lactate Threshold:

- The intensity of exercise at which your body starts building up lactic acid in your blood.
- The best way to determine your race pacing strategies
- Monitor your training progress

## Exercise Economy:

- A precise measurement of your efficiency while exercising.
- How many calories you burn while at certain intensities of exercise and how much of that is fat versus carbohydrate.

## Forceplate Neuromuscular Analysis:

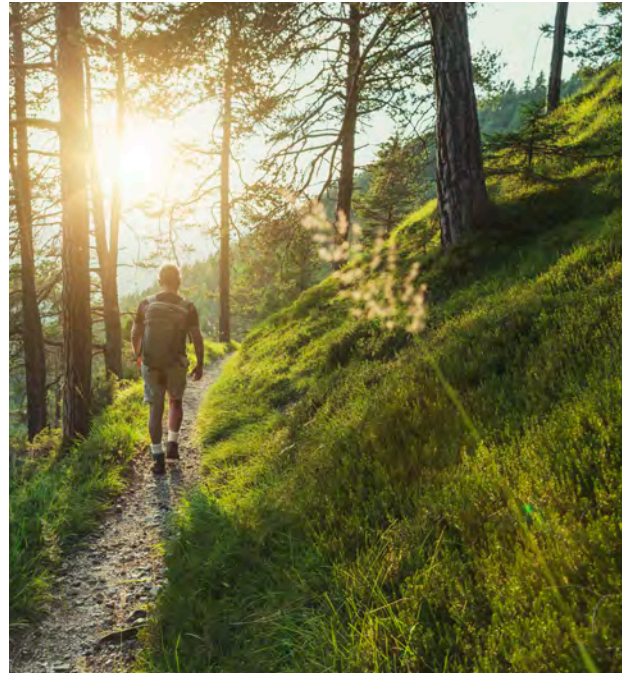
- Assess Bilateral limb asymmetries
- Measure changes in power and strength after training to determine effectiveness

## Functional Movement Screen:

- Assess your movement baseline in common patterns associated with daily life and sports performance
- Receive a detailed breakdown of your deficiencies and exercises to correct these

## Sweat Sodium Analysis

- A precise analysis of your body's sweat sodium concentration for a personalized hydration protocol
- Establish your training and racing hydration strategies with precision to avoid decrements in performance, muscle cramps, and heat exhaustion



## Jakob Allen, PhD

### Sports Scientist

Dr. Allen received his Doctoral training from the nationally ranked University of Texas at Austin. Dr. Allen was an 8x All-American collegiate swimmer at Stanford, American Record holder, NCAA and Pac-10 Champion, and 2x Olympic Trials qualifier. He is now an avid cyclist and triathlete, frequently placing in the top-5 overall amateurs in Central Texas triathlons. He is driven to bring about the greatest potential of all athletes whether you are a weekend warrior or an Olympian. He currently serves as the Sports Scientist for the Austin Bold FC team in addition to his work in the clinic. He believes that exercise remains one of the best ways to improve every physiological system in the body throughout the lifespan. Whether it's helping prevent changes in mental acuity, or improving muscle function, the benefits of exercise continue to be supported by scientific studies. Dr. Allen specializes in designing exercise training programs for improving muscle and cardiovascular health for aging wellness and masters athlete performance.

# Sports Performance Training

About: We believe everyone should have access to the same science backed training services that professional athletes use. As one of our clients you will receive personalized 60 minute training designed to improve:

- Cardiovascular fitness
- Proficiency with movement patterns fundamental to life and sport performance
- Explosive muscle strength
- Aerobic endurance
- Balance and coordination
- Reaction
- ...and more

We utilize state of the art scientifically backed training methods including...

## Blood Flow Restriction Training (BFR):

- Increase muscle mass
- Stimulate recovery
- Receive the same benefits as heavy weight training with minimal soreness

## Trans-cranial Direct Current Stimulation Training (tcDCS):

- Improve athletic performance
- Stimulate rapid developments in muscle memory

## Safety:

- Always 1 client :1 trainer ratio
- Medical grade disinfection of equipment performed between any two clients
- Staff are required to wear a mask at all times

## \*Add-On Recovery Services:

- Cupping
- Sports Massage
- Dry-Needling
- Active-Release Treatment
- E-Stim

\*Purchase Add-Ons with your Personal Training Package for Discounted Rates.