



Cockley
Performance Systems

Pursuit of Excellence

An Introduction To Our Services: 01-06-2014

Who We Are: Professional



Cockley Performance Systems provides professional quality strength and conditioning training tailored to a range of different clientele. Run by a professional athlete, you will enjoy the high caliber programming and training offered to today's elite athletes. Focused on outcomes, we track performance and consistently produce stronger, fitter clients.

What We Do: Quality



We offer sport-specific training programs for athletes of all ages, one-on-one training personally tailored to reach your goals, and group boot camps for fun-filled physical activity.

What You Get: Results



With every service and package offered, we measure and track your progress. We hold initial testing during consultation and continue to record your performance and take measurements throughout each training period. At the end of each cycle you will receive charts of your hard work so you can actually see your progress. These records also help us continue to tailor your programming so that you can achieve your goals!

Contact Us Today!

Phone: 0432 210 358

burt@cockleyperformancesystems.com

Website coming soon!

Our Services:

The Performance Pack: Professional strength training for athletes customized to your sport. Training will be in a group of no more than six athletes to create a competitive but personal environment. Great for off-season and pre-season training to get a step ahead of the rest! Includes: Two sessions per week, pre-testing and post-testing, and results report.

4-weeks: \$320 per person (8 sessions total)

6-weeks: \$432 per person (12 sessions total)

Individual and Group Training: Personalized Programs delivered one-on-one or in small groups. Sport-specific coaching available, specializing in fast bowling.

One-on-One: \$80 per session

Groups up to 6: \$50 per person per session

Boot Camps: Fun-filled physical activity held on Saturdays at Lilac Hill. \$20 per person.

At Cockley Performance Systems, we are all about customization, so don't hesitate to call and discuss your goals today!



About the Trainer: Burt Cockley

Burt Cockley understands performing at an elite level. He has been a contracted Cricketer since 2007, playing with NSW Blues and Western Warriors as well as being selected in Australia A, Australian ODI team, Kings XI Punjab and Champions League with NSW and Perth Scorchers.

During this time, Burt has also studied to become a qualified Personal Trainer with a Cert 3 & Cert 4, Diploma of Fitness, Level 1 & 2 Certified Strength Coach through the Australian Strength and Conditioning Association. He is currently completing his Sports Science Degree at Edith Cowen University.

Burt's training philosophy is that becoming an elite athlete is not based on talent alone; to fulfill your potential you need to be in a high quality environment with the right guidance and support structures.