

Additional Permit Information

Business: Curtis Clay Training LLC

Requested by: Amanda Almgren on December 7th, 2015

Provided by: Curtis Van Wyck on December 7th, 2015

1. **Parking Information:** Provide (a) how many parking spaces required for your business and (b) how many allocated to your suite. As well as (c) information on different tenant spaces and businesses that share parking on the site, including square footages of your neighboring businesses.
 - a. **Parking Spaces required for business:** Per hour, I will need approximately 1-5 parking spaces (1 space: myself, + 1-4 spaces: my clients). **Note:** *A high volume of my clients are students, and their parents are likely to drop them off.*
 - b. **Parking Spaces allotted to suite:** 1 parking space are allotted per **300** square-footage. The building is **3,500** square-footage, therefore there are ~12 parking spaces allotted for my business. With that said, the property manager informed me that the parking spaces are “first come first served.”
 - c. There are approximately **101 standard** and **5 handicap** parking spaces on the site. *Unfortunately, I do not know the additional information regarding the surrounding business and have contacted the Property Manager, Melody Warouw <melodyw@rosenproperties.com> and am waiting for her response. I will provide this information as soon as I have it!*
2. **Project Narrative:** Provide narrative for proposal which includes (a) explanation of your business and (b) how many clients you serve, (c) will these clients overlap, (d) how many employees you anticipate and (e) anticipated hours of operation.
 - a. **Business Summary Explanation:** My business provides three main services on-site **MAT (Muscle Activation Techniques, Strength Training and Speed/ Agility & Plyometrics)**. Based on my client needs, I will provide the client with 1 of the 3 services for a single appointment, which is individualized to them. I am a firm believer in client defined exercise that aims to help one’s muscular system function optimally. *The below services are listed in order of appointment volume:*
 3. **MAT (Muscle Activation Techniques):** MAT’s premise is that human movement and exercise are fundamental to health, and that it is the health of the muscle which is important for normal movement. Any loss of muscle(s) contraction efficiency may be demonstrated as a loss of motion and decreased physical performance, which may lead to subjective complaints and/or the loss of physical capabilities including but not limited to: sport performance, every day life activities (walking, doing household chores, playing with children), as well as standard work activities (sitting at desk, using mouse/keyboard) and trade work activities (contractors, salon stylists etc.). [MAT: 1 client per hour]
 - **Strength Training:** Is a client defined systematic approach to developing strength. It deals with assessing clients personally and looking at how their system (skeletal, muscular, and nervous) function to help them correct, maintain, or increase their current capabilities of their muscular system. I utilize RTS (Resistance Training Specialist) principles to help match client’s strength profiles with the available resistance profiles based on physics to help them function optimally, in accordance with their personal needs, goals and concerns. [Strength Training: 1-4 clients per hour]
 - **Speed/ Agility & Plyometrics:** This deals with using all of the engine or muscle one has so that they can orchestrate and challenge the pieces in which they have been working on through MAT and Strength Training, which in turn helps athletes optimally perform on the field. [Speed/Agility: 1-4 clients per hour]

- **Who are my clients?** I work with a wide variety of “types” of people, which includes but is not limited to: athletes (of all ages and professional levels), former athletes, parents, grandparents and special cases such as: stroke victims, rare accidents/injuries, lingering injuries, multiple-sclerosis, and post-operative patients (back, knees, shoulder, hips etc.).

Additionally, I would like to offer in-person time to answer any questions you may have about each specific service.

b. Amount of Clients:

- I have a total of **400** clients which I see throughout an entire year. On average, I see approximately **50-60 different*** clients per month, and **35** clients per week. *Note: some clients may come in more than 1 time per month.
- **Per day:** My average client size can vary from 1-4 clients per hour based on the service being provided; therefore, an average day can vary from 8-12 clients total per day.

c. Client Overlap: My appointments are held for 50 minutes - 1 hour; if I have back-to-back appointments, a client may overlap by approximately 5 minutes.

d. Anticipated Employees: I currently anticipate 2 additional MAT Specialists; whom will perform MAT (Muscle Activation Techniques) services in this location. These two individuals are still in the MAT internship, once certified their expected client amount will be no more than 1 client per hour.

e. Anticipated Hours of Operation: My hours of operation allow for client appointments to be scheduled from 9AM to 9PM.

- During the school year, I tend to primarily work Monday through Saturday, 10AM-7PM.
- During the summer, I tend to primarily work Monday through Friday, 9AM-6PM.