



**Athletic Performance Academy**  
ELEVATED ATHLETICS — THROUGH EDUCATION

## Partnership Program

## What is Athletic Performance Academy?

Athletic Performance Academy is a company dedicated to improving athletic potential for all individuals with a desire to create change.

**Our mission** as a company is to provide premier training and instruction for athletes, parents, and coaches. We are geared to service the clients of our company with guidance, education, and an alternative training method for athletes of all sports. We are dedicated to the progression of our clients on all levels of sport and life.

**Our goal** as coaches is to provide a fun, positive, and competitive environment that develops the specific skills necessary for improved athletic performance.



## What Services Does APA offer?

Athletic Performance Academy (APA) offers a variety of services to meet the needs of any individual or group/team.

### **Athlete-Coach Education Clinics**

Our clinics are designed to energize and inspire through education. Our goal is to provide hands-on education to athletes and staff that will improve participation and instruction.

Our athletic program does not focus on implements of sport. We redirect our attention to skills necessary to perform in the field of athletic play. We teach the fundamentals of athleticism and skills for any athlete at any age.

The first session of our clinic consists of our staff conducting a 2 hour speed camp to all athletes while coaches observe and process cues and evaluation techniques during key movements.

The second 2 hours of the clinic is structured to allow open discussion and in-depth learning for coaching staff. Our instructors will define and describe the methods for implementing and coaching the skills required to improve all areas of athleticism in your athletes.

### **Speed Camp**

Groups of athletes will be cycled through a series of stations designed to improve range of motion, nervous system firing, and improve athletic performance.

Camps are built to suit. Coach's that have special requests for a camp are required to present the necessary information so APA can develop the curriculum as necessary.

### **Strength & Conditioning**



Our strength and conditioning program is geared for speed and strength. Our staff takes control of the workouts and puts athletes in position to be at the top of their game.

### **School CSCS Contracts**

If an athletic program is in need of professional assistance, we can help. The Academy uses the latest in advanced science based programming in order to ensure accurate, efficient, and effective programs for any situation or sport.



## **Tactical Strength & Conditioning**

The Tactical Strength and Conditioning (TSAC) program's primary purpose is to develop operational fitness for law, fire, and military personnel. When developing a comprehensive strength and conditioning program, operators must consider the physical demands of operational related activities.

In order to do this, our Tactical Academy Coaches develop your department's program based on the physical demands of the daily operations. Our goal is to increase tactical athleticism and improve health, safety, and effectiveness in the field.

## **Personal Training**

Our personal training program is designed to meet the needs of non-competitive athletes and non-athletes. Our goal is to improve health and wellness of clients safely and efficiently. Our programs are designed to achieve goals. With effort, anything is possible.

## **Weekend Warriors**

Our seasonal sessions in local parks are designed for larger group workouts. Weather permitting; our instructors will hold weekend sessions for every level of client.

## **Our Staff**

Our Certified Strength and Conditioning Specialists (CSCS) work directly with the coaches, parents, and athletes to effectively coordinate and combine programs. Our goal is to provide the best program. If you are unsure in your current program, you need APA. We will evaluate it to ensure the success of our partnership in athletic improvement.



## How Does APA Fit Your Facility?

APA operates under a fully customizable program designed to increase profit in a partnership situation. Our target market is community or private sports complexes that have little or no programming geared towards athletic development and education.

When APA enters your facility our primary goal is to increase activity. Our company uses your current resources to maintain and develop business related to athletics and fitness. Our space requirement is minimal, and our joint profit is rewarding.

APA takes partial or complete control of the management of athletic development by staffing, managing, and operating your program.

Using the services of APA are 100% negotiable. There are no minimal or maximal requirements for using our services. Our company profits when you profit, avoiding an accounting nightmare.

Our partnership goal is to increase yours and our program usage, generating profit for both parties.