

APEC Summer Program-Frequently Asked Questions.

1. We will be gone X number of weeks this summer. Can/Should we still do APEC?

YES, we hope that all our athletes have opportunities to do some cool things this summer. When you enroll at APEC you are securing a limited availability spot. We understand that athletes can and will miss between 1-3 weeks of the summer. That is why we have extended our training from 6 weeks to 8-11 weeks depending on the program. We have a specific curriculum we feel will get you the results you want, even with enjoying the summer and spending time out of town.

In addition, most camps/vacations are not Monday-Sunday so there is a good chance you could make up your training within the week you were gone (weekend warrior or earlier). If you are missing 4 or more solid weeks ask about our COME WHEN YOU CAN PLAN. Our athlete services reps will make sure you are set for the time you are in town only (minimum 3 full weeks).

2. We have noticed a change in the training schedule from a 4 day format at 1 hour per day to a 2-3 day format at an hour and a half. Why the changes?

We changed for several reasons. First, we believe better is better- not more is better.

We have been conducting a study the last two years on athletes that were traveling and combining 2 workouts into 1, making their training 2 days a week versus 4. We were able to get the entire curriculum in and finish early each day because of eliminating the additional warmup. Both years we had exceptional results that were actually slightly better than the 4 time a week athletes.

We feel that 3 days a week for athletes concentrating on APEC and 2 days a week for athletes balancing multiple training programs/sports is the best balance for optimal results.

3. I am working out with my team at school/club/etc. Is it too much to do that and APEC?

No! APEC is designed to work as a supplement to your school workouts if you choose 2 times a week or a stand alone program if you choose to train at APEC 3 times a week. We encourage our athletes to get in good work with their team/coaches/school. APEC's program works on things that will not conflict with what they are doing at school.

4. Can we alternate our times during the week?

We highly encourage that our athletes stick to their chosen time-slot. If occasional time changes need to happen, we can work with you. Please contact our Athlete Services Reps for availability and for which time slot they could attend for that given week. Please note that Monday and Tuesdays workouts will be the same and Wednesdays and Thursdays will also. Same for F & S.

5. My kid is a multi-sport athlete, which program should he sign up for?

We encourage our athletes to sign-up for the class of the sport that they will be playing next in their cycle (i.e. football/baseball player - football is the closest season so enroll for football).

6. What if none of the time slots available work for our schedule?

We have tried to accommodate as many scenarios as possible with morning and afternoon slots available for each program. If none of the available time slots work for you, please consider joining another class of similar focuses, OR enroll in our all-sports class which will work on all aspects of athleticism. Please speak with Athlete Services Reps for more details.

7. What if my kid is strong and athletic enough to train in a grade above his designated age group?

This is occasionally allowed on a case by case scenario but each must be confirmed by Training Director Bobby Stroupe or Training Manager Kye Heck. We encourage all of our athletes to stay in their designated group especially Speed School and Middle School.

8. I cant make any training except weekends, can I still do APEC?

Absolutely, we have a Weekend Warrior option just for you! Please speak to an Athlete Services Rep for more details.

9. Why don't Middle and Elementary School have sport specific options?

Children are not little adults, but have complex, distinct physiological characteristics that must be taken into account. Prepubescent athletes should not be imitating a professional or even high school workout program and must be very careful about too much skill development without BROAD athletic development.

To put it simply, the little guys are not good at a lot of basic things and trying to be sport specific too early is counter productive to long term development of the athlete. The greatest leap in Athletic formation takes place from ages 6-13. We strive to develop individuals with longterm implications in mind.