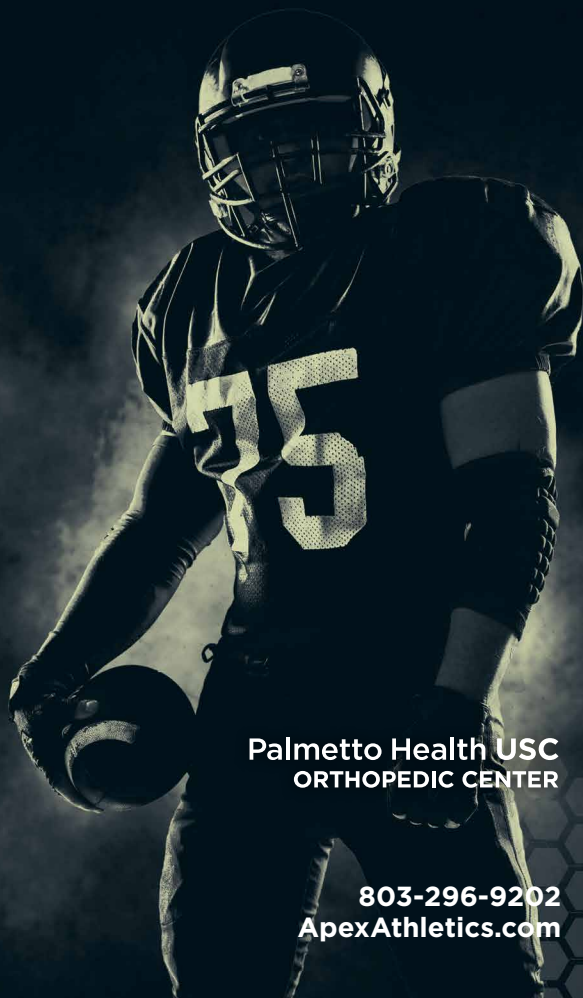


apex
**ATHLETIC
PERFORMANCE**

COMBINE PRO DAY TRAINING



**Palmetto Health USC
ORTHOPEDIC CENTER**

**803-296-9202
ApexAthletics.com**



Weekly NFL combine/pro day training program

Begins Monday, Jan. 6, 2020*

- Mock combine testing
- Combine performance training
- Weekly nutritional consulting with meal plan

*Program can be customized to meet the athlete's situation and availability, though the typical training period lasts 7–8 weeks.

Mock combine testing and evaluation/player profile

- Body composition
- Hand size/arm length
- Vertical jump
- Broad jump
- 20-yard short shuttle
- 3-cone drill
- 10/20/40-yard dash
- 60-yard long shuttle (if required)
- 225 lb. bench press test (if required)

PROGRAM



Apex combine training program

This program entails a five-day per week training schedule with one training session per day. The weekly schedule includes performance training and combine drill/skill work in these areas:

- Core strength and stability
- Foot speed, quickness, plyometrics
- Agility and reaction
- Linear speed and 10/20/40-yard dash mechanics
- Anaerobic work capacity, muscle endurance
- Combine-specific event training (field work, position work)
- Strength, power and flexibility
- Body composition (increase/decrease in weight)
- Examining an athlete's body efficiency in motion and optimizing body mechanics
- Daily regeneration and recovery
- Prescribing corrective movement techniques

Sample daily training schedule

8:30 a.m.

Pre-workout treatment/corrective exercise (if needed)

9–10:30 a.m.

Linear speed mechanics top-end speed phase

10:30–11 a.m.

Post-workout regeneration treatment/stretching (if needed)

Repeat and customize as needed or requested; an additional charge may apply.

PRICING



Elite NFL combine athletes

Begins January and concludes March (typically lasts 7–8 weeks)

This all-inclusive five-day per week training program covers strength training, nutrition, speed and agility, and combine-specific drills to properly prepare each athlete for the NFL combine.

All-inclusive: \$3,350

- Initial performance assessment
- Initial nutrition assessment
- In-body scan
- Nutrition meal plan and workbook
- Recurring weekly nutrition check-in
- Recurring performance training (five days a week)
- Weekly snacks and supplements

Elite NFL pro day preparation program

Begins January and concludes March (typically lasts 7–8 weeks)

This three-day per week pro day package covers speed, agility and pro day-specific test preparation only. It does not include strength training or nutrition and is offered at a lower price than the all-inclusive combine training package. It is geared for those who want to focus solely on the 40, short shuttle, vertical jump, etc.

Pro day preparation package: \$2,430

- Initial performance assessment
- Initial nutrition assessment
- In-body scan
- Nutrition meal plan and workbook
- Recurring weekly nutrition check-in
- Recurring performance training (three days a week)
- Weekly snacks and supplements

NUTRITION

A collage of healthy food items including blueberries, tomatoes, salmon, and oats in wooden bowls.

Customized nutritional consulting/meal planning

Proper nutritional intake is essential when participating in an intense training program to support muscle growth, muscle recovery, hydration, electrolyte balance and sufficient energy utilization and storage. Consistent daily intake during training is necessary to meet caloric needs for the goals of weight maintenance or weight gain. To maximize sleep and

make costs manageable for athletes, our sports dietitian will educate players during orientation day so that athletes can prepare easy-to-make meals and be properly fueled throughout their training. In addition, snacks and supplements will be selected and provided to meet each individual's needs.

Our sport-specific analysis includes:

- Balancing macronutrients for consistent energy intake throughout the day
- Augmenting the hypertrophic effect of strength training by timed protein intakes
- Nutritional education manual
- Weekly meal plan including check-ins and modifications

- Workout fueling recommendations (before, during and after)
- Meal timing recommendations
- Supplement guidelines and recommendations

THERAPY



Physical therapy

- Joint mobilization active release
- Kinesio taping
- Vibration therapy
- Ice therapy
- Heat therapy
- Hydrotherapy
- Manual therapy (Therex)
- Dry needling
- Blood flow restriction

Note: Payment for medical services will be the responsibility of the athlete/agent but may be covered by most insurance plans.



Matrick Belton, a 2016 graduate of the University of South Carolina, saw firsthand the difference Apex Athletic Performance made in his football career at USC. Even as

a walk-on, Belton played and was a starter in five games. "I improved as an all-around athlete, and my pro days were what I was aiming for," he said.

"Apex is a positive environment where I'm free to work. It's more technical, and they focus on details and one-on-one training more than anywhere else I've trained." In the future, Belton hopes to use his physical education degree to become a football coach. In the meantime, he will keep training at Apex, where he says trainer Paul Beckwith has "the best Milly Rock he's seen in a long time."

TEAM



Paul Beckwith, BS, CSCS, OPEX
Director of Sports Performance

Paul Beckwith has worked with athletes of all ages and experience. Born and raised in Dillon, South Carolina, Beckwith moved to Palatka, Florida, where he was a four-year letterman in football, wrestling, track and field and weightlifting. Following graduation, he played football at the University of South Carolina, where he was an All-SEC performer and four-year starter on the offensive line.

After a stellar college career, Paul declined a free agent deal with several NFL teams to pursue his passion in the strength and conditioning profession. After completing his degree in business management, he worked as a strength and conditioning coach at USC, advising the football, baseball, soccer, golf, swimming and diving and track and field programs prior to joining Apex.

Beckwith's multiple certifications include; OPEX Advanced Coach with expertise in assessment, program design, nutrition and life coaching; United States Weightlifting trained with certification in Olympic lifting. Paul has trained professional athletes representing the National Football League (NFL), Major League Baseball (MLB), Major League Soccer (MLS), Professional Golfers' Association (PGA) and U.S. Olympic Weightlifting.



Jay Patel, PhD
Director of Sports Science

Born in Fiji and raised in Mobile, Alabama, Dr. Patel currently serves as the director of research at Palmetto Health-USC Orthopedic Center. A former multisport athlete at the high school and collegiate level, Dr. Patel has vast knowledge and experience in the application of scientific assessments to improve athletic performance and reduce injuries.

He received his bachelor's degree in biomedical sciences, a master's degree in exercise science and a PhD in kinesiology with specializations in anatomy and sport biomechanics from Auburn University. While at Auburn, he worked closely with the athletics department's strength and conditioning staff as well as several varsity athletic teams as a sport biomechanics consultant.

An expert in the field, Dr. Patel is a sought-after guest lecturer and publisher and has worked with professional and Olympic-level athletes. He also has served as a personal trainer for almost a decade, a mixed martial arts and taekwondo instructor, an instructor of biomechanics and an instructor of anatomy and strength and conditioning.

His certifications include Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, Corrective Exercise Specialist through the National Academy of Sports Medicine, and Functional Movement Screening certified through Functional Movement Systems.



Lisa Money
Registered Dietitian Nutritionist

Lisa Money is board certified in sports dietetics. She received her training in nutrition at Texas Tech University and was a four-year letter winner in tennis, while also selected from among the top 100 players in the U.S. to compete in the first Olympic Tennis Trials in Flushing Meadow, New York.

Lisa is a graduate of the Army dietetic internship and served 12 years as a dietitian in the Army. She is experienced and adept at educating soldiers and elite athletes on the strategies of sports nutrition for improved performance and reduced injury.

She holds memberships in the Sports, Cardiovascular and Wellness Practice Group of AND, the Collegiate and Professional Sports Dietitians Association, and the Internal Association of Eating Disorder Professionals.



Mickey Plymale, MD
Sports Medicine Physician and Clinical Director

A former collegiate pitcher at Marshall University, Dr. Plymale serves as the clinical director of Apex Athletic Performance. He is a graduate of the Marshall University School of Medicine and completed his residency at the Albert Einstein College of Medicine. Following his residency, Dr. Plymale completed a fellowship with the world-renowned Dr. James Andrews in Birmingham, Alabama.

As clinical director, Dr. Plymale provides clinical oversight and leadership for Apex Athletic Performance by developing, maintaining and constantly improving clinical protocols.



Brian Wiley, MS, PT, OCS, SCS, CSCS
Accelerated Therapy Program Coordinator

Brian Wiley graduated from Airport High School and attended The Citadel, where he lettered for four years in baseball, was inducted into the Citadel Hall of Fame, and received his degree in health and wellness. A college baseball All-American, he was drafted by the Boston Red Sox organization as a pitcher, where his career was cut short due to injury. After his short baseball career, Brian completed his physical therapy degree and a master's in rehabilitation sciences.

He is a Certified Strength and Conditioning Specialist, Specialty Certified in Orthopedics by the American Board of Physical Therapy Specialties, and Specialty Certified in Sports Physical Therapy by the American Board of Physical Therapy Specialties.

SIGN UP

Call 803-296-9202
to reserve your spot!

Payment/enrollment policy

- All training will be booked on a “first come, first served” basis.
- Eight-week packages will expire after 8 weeks regardless if athlete has not attended all workouts, no exceptions.
- Further training will require additional payment.
- Guaranteed reservations can be arranged for those who pay in full in advance.
- All payments for services must be received in advance prior to receiving training and/or services.
- Payment for sports medicine services will be handled separately from those services provided by Apex and its contracted consultants.
- For more information regarding our program, the various pricing and package options or specific questions regarding your situation, please call 803-296-9202.

Locations



Downtown Columbia

903 Huger St.
Columbia, SC 29201



Lexington

102 Saluda Pointe Dr.
Lexington, SC 29072

LODGING



Prisma Health has agreements with the following hotels for discounts. Mention promo code APEX for a discount. Prisma Health does not endorse the use of any specific hotel and may not be held liable for guest experiences.

Extended Stay America

extendedstayamerica.com/hotels/sc/columbia/west

Staybridge Hotel

staybridge.com/hotels/us/en/columbia

Holiday Inn Express

ihg.com/holidayinnexpress/hotels/us/en/columbia/caeed/hoteldetail

Holiday Inn

ihg.com/holidayinn/hotels/us/en/west-columbia/caeqt/hoteldetail

Marriott Towneplace Suites

marriott.com/hotels/travel/caese-towneplace-suites-columbia-southeast-fort-jackson

Transportation**Columbia Metropolitan Airport**

columbiaairport.com

Enterprise Rent-A-Car

enterprise.com

Advantage Rent-A-Car

advantage.com



Palmetto Health USC ORTHOPEDIC CENTER

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Palmetto Health is now Prisma Health. Palmetto Health-USC Medical Group is part of Prisma Health.