

CAP Elite

Opens facility on Walters Road

By Jason King, Staff Writer

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Speed. Power. Strength. Balance. Agility. These words are posted on the walls of CAP Elite, a new athletic facility that has opened on Walters Road.



The facility, which had its grand opening Saturday, May 31, is located inside of a building that formerly housed indoor tennis courts. It features a pool, weightlifting equipment and an indoor turf among other things.

Officials at CAP Elite - CAP meaning Center for Athletic Performance - stress that CAP is not a gym.

"With a gym, you're on your own," CAP President and Cofounder Eddie Enriquez said. "If you get a personal trainer, it's going to cost you between \$50-75 an hour."

Instead, CAP is somewhere in between. Brochures describe it as a program that "progresses athletes of any level from a foundation of joint integrity and injury prevention, through explosive strength training, and ultimately fine tuning agility and athletic speed."

"These are not sports specific drills," said Enriquez. "You're not going to learn to throw or catch, that's your sports coach's job. But, no matter what sport you play your going to be able to play it better."

Since CAP is not a gym, Enriquez says that it could be used in conjunction with a gym membership, though that is not necessary.

"If you're an athlete, this is all you would need," said Enriquez. "If you're an just wanting to improve your speed or power, but still want to be able to go to the gym and lift weights, then you would probably keep your gym membership."

CAP Officials state that facilities such as this are usually available only to professional and college athletes. This center is open to athletes and amateurs of ages young as eight through adulthood. Individuals can join group classes or sign up for one-on-one lessons with CAP.

personnel. CAP also offers workouts for entire sports teams.

CAP uses a tiered system of modules wherein every participant begins in module one and graduates through four of them. Each module has a different focus. Stability, flexibility and balance in the first; strength in the second; power, explosiveness and mobility in the third; and finally, speed in the last.

Even the modules are divided into levels that participants move up from before graduating to the next.

Another service CAP is offering is the ability to record an athlete's drills on video. The athlete then can view themselves instantly on small, portable video screens to see how they are executing tasks and determine measures they can take to improve.

"This way, we create an environment where your only real competition is yourself," said Enriquez. "It really builds self-esteem and character. As we help you improve your throw, you naturally are going to feel better about yourself and have confidence on the field."

CAP currently has 3 other facilities, two in Kansas - where Enriquez started the organization with current CEO Scott Moody - and one in Missouri. Enriquez hopes to expand the company's presence in Houston within the next year.

The Houston facility is located at 14647 Walters Road, and will operate classes in the mornings afternoons and evenings during the summer. In the fall, those hours would be reduced to afternoons and evenings, though Enriquez stresses that hours would expand if the need for them were evident. Members can attend scheduled classes whenever they find time, though Enriquez recommends about three visits a week.

Packages are available for one, three or six months. Enriquez states that prices of the packages average to about \$13 a class. CAP guarantees results to those buying a three month package. More information about CAP can be found at the company's web site www.capelite.com or by calling 281-444-0300.