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FACT SHEET

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DESCRIPTION

CAP Elite is an advanced, cutting-edge training company that's setting new standards by using scientific research and technology to combine traditional strength training philosophies with functional performance techniques. The result is a world-class program that systematically 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.

CAP's world-class advisory board jointly developed the CAP Programs™. This unique group of sports professionals has trained an unprecedented number of champion athletes from every level of competitive sports including **Professionals, World-Champions, Olympians, Collegiate National Champions, Heisman Trophy Winners and High School State Champions.**

CAP PROGRAM

The CAP Program consists of four core modules that are designed to guide the athletes through a progressive training program that pushes them to reach their potential one level at a time. Each module consists of four levels. Initially, athletes are taught to understand form and the techniques required to achieve their athletic potential. Thus, levels 1 & 2 focus on the foundations of strengthening athletic movement. Levels 3 & 4 build towards multi-directional speed and power production.

CORE MODULE ONE: Stability, Flexibility & Balance

This module develops the structural integrity of the athlete and can be used to accelerate the return to sport phase of rehabilitation or establish a base of injury prevention for healthy athletes. Here the athlete stabilizes athletic movement and learns how to effectively position for power.

CORE MODULE TWO: Strength

This focuses on increasing the strength used in athletic movement. Starting with joint stabilization and progressing in to hypertrophy and strength development, the athlete will finish this phase with a strong foundation on which to build an athletic career.

**CORE MODULE THREE:
Power, Explosiveness
& Mobility**

This module is built around explosive, athletic extension of the ankle, knee and hip. Speed through this "triple extension" is the primary focus of the Olympic lifting and plyometric principles used in this phase. This powerful, multi-directional movement is the primary factor in improving athletic performance.

**CORE MODULE FOUR:
Speed**

Athletic speed is when vertical, lateral, and rotational power are accelerated, and then combined with the stability and strength to efficiently absorb cutting forces. In this phase the athlete uses the knowledge and abilities gained in the previous modules to effectively reach top speed. This is the ultimate in athletic development, the end point.

**SPEED LEVELS
PROCESS**

Each of the core modules incorporates the "Levels Process." There are four levels within each module.

**Level One
Level Two
Level Three
Level Four**

Laying the foundation of joint integrity and structural stabilization.
Strengthening the movements of that module.
Adding the "explosive" component.
Athletic movement specificity and speed.

FACILITIES

CAP has several locations across the country with additional centers opening regularly. CAP facilities provide a variety of athletic skill building tools such as:

- Turf for speed, agility and plyometric work
- State-of-the-art weight area with power racks, platforms, dumbbells and other core building equipment
- Computerized evaluation equipment for safe and accurate daily progress assessment
- Immediate video feedback analysis
- Recruiting/sports psychology packages
- Volleyball/basketball training court
- Baseball/softball pitching and hitting alleys
- Indoor soccer/football fields for working athletic specificity
- Nutrition center
- Observation area
- Study area
- Training pool for rehab and unloading the plyometric movements
- Video analysis/viewing room

EVALUATIONS

On the first visit, athletes will be evaluated through a structural assessment, which includes testing in four functional strength motions: strength is tested on the ISOMAX; speed is tested in the 20 yd. dash, 40 yd. dash, 20 yd. shuttle; power is tested with vertical jump, standing long jump, rotational power throw, and seated power throw. Once evaluated a report is made outlining their strengths and weaknesses. After discovering their weaknesses athletes will be encouraged to progress "level by level" through a particular "core module" of the program that will be geared towards improving weaknesses.

ADVISORY BOARD:

TBD

Coming Soon!

KEY PERSONNEL

Eddie Enriquez – Founder and President of CAP Elite - Oversees the strategic and marketing direction of the company. Attended Rice University on a football scholarship and received his Bachelor Degree in Human Performance and Health Science.