



**FOR IMMEDIATE RELEASE**

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**FIRST ADVANCED ATHLETIC PERFORMANCE FACILITY OPENS IN HOUSTON**

*Centers for Athletic Performance designed to increase athletes' skill level in all sports*

**HOUSTON** (May 8, 2003) – Today, Centers for Athletic Performance (CAP) unveiled a new 12,000 square foot state-of-the-art facility off FM 1960 offering performance enhancement programs to young (ages 8-18), college, professional and adult recreational athletes.

CAP's advanced athletic training program is a four-level systematic approach to improving multi-directional speed and power. Once strictly the domain of professional and college level athletes, advanced athletic training programs based on increasing flexibility, stabilization, balance, power, strength, speed and nutrition are now available to anyone through CAP's Athletic Performance Training Methodology™.

The CAP program provides proven results no matter what the sport, skill level, age or gender of athletes. After completing the CAP Programs™, athletes are guaranteed that they'll see an improvement in strength, power and speed. In fact, CAP Advisory Board member Chris Carlisle trained the fastest athlete at the 2003 NFL combines.

CAP Programs™ were developed by a team of professionals who've trained World Champions, Olympians, Heisman Trophy winners and Collegiate National Champions. CAP Programs,™ combined with the best equipment, coaches, research and technology, progress 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.

“Whether you're training for a world championship, striving to earn a scholarship, attempting to make the team, or just looking to improve your overall performance, today's competitive sports environment demands that you immerse yourself in a specialized program in order to reach your maximum performance level,” explains Eddie Enriquez, president and co-founder of CAP. “An integrated training program increases an athlete's ability to jump higher, run faster, throw further, etc., all while preventing the injuries that can sideline a career.”

Houston's new 12,000 square foot CAP facility includes:

- Turf area 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
- 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

An official grand opening celebration will be held on Saturday, May 31, 2003 from 9 a.m. to 5 p.m., although CAP is currently pre-registering athletes. "Summer is a great time for junior and high school athletes to fine-tune their skills before school starts in the fall," offered Enriquez.

### **About Centers for Athletic Performance**

Centers for Athletic Performance (CAP) is a cutting-edge training company 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 with a four-level systematic approach 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. CAP offers sport performance programs to young athletes (ages 8-18), college athletes, professional athletes and adult recreational athletes. To learn more, call 281-444-0300 or visit their website at [www.capelite.com](http://www.capelite.com).

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