



FOR IMMEDIATE RELEASE

Contact:

Kimberley O'Quinn

713-201-1846

kimoquinn@swbell.net

TRAINING TEEN ATHLETES GOES HIGH-TECH

Centers for Athletic Performance utilizes palm-based technology to improve sports skills

HOUSTON (August 1, 2003) – The trainers at the Centers for Athletic Performance (CAP) are helping teen athletes improve their skills with a hand-held tech gadget called vCoach. vCoach is a clipboard based tablet PC that allows CAP trainers to digitally film the athlete's movement during a session.

As the technology is hand-held and digital, there's no need to remove the athlete from the action; so it doesn't matter where the training session is being conducted – in a field, in the gym, or even in a swimming pool. vCoach, allows the CAP trainers to immediate playback video to analyze the athlete's swing, jump, stroke, stance, etc. and make any necessary adjustments to the athlete's range of motion.

With vCoach, CAP trainers also have access to video editing tools, the ability to e-mail video clips, on-screen drawing and diagramming, side-by-side video comparisons, frame-by-frame control with video capturing rates up to 30 frames per second – all in the palm of their hand.

Eddie Enriquez, president and co-founder of CAP said, "The instant playback we see with vCoach equates to faster improvement. In fact, in less than two months of working with vCoach, several of our teen athletes have seen a five inch increase in their vertical jump."

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.

- # # # -