

Athlete Performance & MFYBA

About Us:

Athlete Performance has been a premier strength and conditioning facility for the past 10 years. Our staff is equipped with the knowledge and understanding to aid in the development of youth athletes. We are here to make explosive movements easier, thus improving the way an individual performs on the court. To prove our program works take a look at the previous two NBA Drafts. We have had three first round draft picks, two of them going in the lottery. Each one of these individuals began training with us at the youth level.

2019 - Tyler Herro (Round 1 #13)
2019 - Jordan Poole (Round 1 #28)
2020 - Tyrese Haliburton (Round 1 #12)

Our focus as coaches is to develop explosive vertical and lateral movements. We achieve this by focusing on specific muscle groups while taxing the correct metabolic systems. Athletes need to train at the same pace in which they play. This is done by keeping the tempo up, while addressing each need at hand. Our 4 Phase Program will develop each of these critical movements.

How To Get Started:

This first step is to download the Athlete Performance App. This is where all the scheduling takes place and allows parents/athletes to communicate with coaches through the message boards. Scheduling is as simple as click on the "Booking" tab and finding the time slot that works best.

We offer 2 different types of memberships', each one of them **discounted at 25% for MFYBA members only**. The first membership is our Blue Unlimited, the second is the Grey 2x Per Week. With the Blue Unlimited, athletes will be able to attend as many training days as they would like. The Grey Membership allows an athlete to come in 2x per week. Both are great options for beginners, as well as athletes that have participated in strength training before. To get started click on the links below and remember to type in the coupon code: **MFYBA** at the checkout to **receive 25% off**.

AP Blue Membership: <https://trainap.exercise.com/packages/2500/purchase>

AP Grey Membership: <https://trainap.exercise.com/packages/3762/purchase>

If you have any questions please email us info@trainap.net or call (262) 388-6262

We look forward to getting the training process started,

Athlete Performance Staff

