

# APEC

**NFL PREP PRICING**  
**\$10,000**

## **TRAINING:**

- PRO DAY PHYSICAL
- TEST PREP
- PERSONALIZED PEAK PERFORMANCE PLAN
- SKILL COACHING
- 24 HOURS OF SKILL DEVELOPMENT
- COMBINE/PRO DAY DRILL PREP, FILM REVIEW, AND BOARD TALK

## **MEDICAL:**

- APEC HAS BOLSTERED AND ENHANCED OUR MEDICAL PROGRAM MAKING IT THE MOST COMPREHENSIVE WELL ROUNDED MEDICAL PROGRAM IN THE COUNTRY. WE HAVE IN HOUSE PHYSICAL THERAPISTS, CHIROPRACTORS, AND ACUPUNCTURISTS WORKING DAILY WITH OUR ATHLETES. OUR TEAM HAS OVER 12 YEARS OF COMBINE PREP EXPERIENCE AND HAS WORKED WITH OVER 300 PLAYERS SPECIFICALLY TRAINING FOR THE COMBINE. WE FOCUS ON DETAILED MUSCULOSKELETAL EXAMINATION, MULTIDISCIPLINARY PLAN OF CARE, AND CONSISTENT TREATMENT ON CURRENT INJURIES WHILE PROGRAMMING THEIR TREATMENT WITH OUR STRENGTH AND CONDITIONING STAFF TO PREVENT INJURIES WITH BOTH TABLE WORK AND CORRECTIVE EXERCISES. WHEN PUTTING THIS TOGETHER WITH OUR STATE OF THE ART RECOVERY ROOM THERE ISN'T A PROGRAM THAT CAN MATCH OUR STRUCTURE AND SERVICE

## **NUTRITION:**

- FULL NSF SUPPLEMENTATION
- PERSONALIZED BODY TRANSFORMATION PLAN AND MONITORING
- CHOOSE YOUR OWN PERSONAL MENU WITH ICON MEALS, INCLUDES DELIVERY

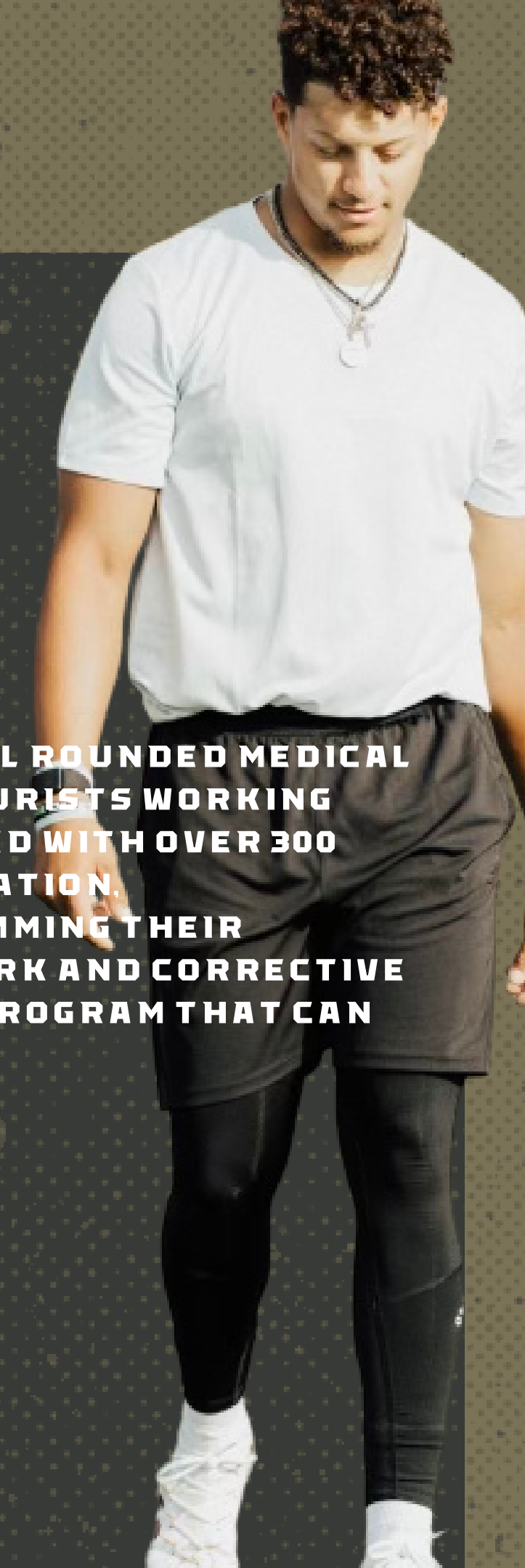
## **GEAR:**

- EXCLUSIVE APEC TEAM GEAR

## **ACCOUNTABILITY:**

- DETAILED, WEEKLY PROGRESS REPORTS
- BRANDING:
- PERSONAL, PROFESSIONAL PHOTOS,

\*ALL INCLUSIVE TRAINING PACKAGE PROVIDE TRAINING THROUGH TEAM TRAINING CAMP





# APEC

8 WEEK - \$4,250

12 WEEK - \$5,250

## TRAINING:

- PRO DAY PHYSICAL TEST PREP
- PERSONALIZED PEAK PERFORMANCE PLAN

## MEDICAL:

- MASSAGE THERAPY
- MEDICAL GRADE SAUNA, LIGHT THERAPY, SOUND THERAPY
- ACCESS TO APEC RECOVERY ROOMS AND TECHNOLOGY

## NUTRITION:

- FULL NSF SUPPLEMENTATION

## GEAR:

- EXCLUSIVE APEC TEAM GEAR

## ACCOUNTABILITY:

- DETAILED, WEEKLY PROGRESS REPORTS

## BRANDING:

- PERSONAL, PROFESSIONAL PHOTOS

\*12 WEEK PROGRAMS OFFER TRAINING UNTIL TRAINING CAMP







## **FINE PRINT FOR ALL PACKAGES**

**IT IS HIGHLY RECOMMENDED THAT EACH ATHLETE TRAIN FOR 12 WEEKS.**

**EXTENSION OF ANY 8 WEEK PROGRAM CAN BE EXTENDED AT THE SAME RATE OF THE INITIAL TRAINING PACKAGE.**

**EXTENSION PRICES ARE HIGHER DUE TO LIMITED AVAILABILITY.**

**TRAINING PACKAGES WILL NOT BE GIVEN CREDIT FOR WEEKS MISSED DUE TO ALL STAR GAMES, COMBINES, MARKETING APPEARANCES, ETC.**

**FOOD AND MEDICAL SERVICES CAN BE EXTENDED AT THE SAME RATE AS THE INITIAL PACKAGE.**

**2 WEEKS NOTICE PREVIOUS TO EXTENSION IS DUE TO PROVIDE ADEQUATE SERVICE.**

**SKILL TRAINING WILL BE PROVIDED FOR 24 HOURS OF WORK.**

**EXTENSION OF SKILL TRAINING WILL BE DISCUSSED AND PURCHASED BETWEEN THE AGENT AND SKILL COACH.**

**FORM OF PAYMENT MUST BE RECEIVED BEFORE ATHLETES START.**

**IF SENDING CHECK WE WILL HOLD AMOUNT ON CC AND REFUND WHEN CHECK ARRIVES.**

**IF CHECK IS NOT RECEIVED WITHIN DATE COMMUNICATED DURING SIGNUP, WE WILL CHARGE THE CC FOR PAYMENT.**

**ALL CREDIT CARD CHARGES WILL ADD 3% TO TOTAL CHARGE.**

**HALF OF TOTAL IS DUE UPON RESERVATION WITH THE REMAINING BALANCE DUE WITHIN 30 DAYS OF THE RESERVATION DATE.**

**IF THE DEADLINE IS NOT MET, THE CC ON FILE WILL BE CHARGED.**

**5% OFF FOR PAID IN FULL WHEN BOOKING RESERVATION. (APPLIES TO TRAINING SYSTEMS ONLY)**

**PLEASE DIRECT QUESTIONS TO [BRANDON@TEAMAPEC.COM](mailto:BRANDON@TEAMAPEC.COM)**

# APEC

## CARS

**APEC HAS A CORPORATE ACCOUNT WITH A DISCOUNT.  
APEC DOES NOT BOOK CARS FOR ATHLETES.**

## AIRBNB

**FOR 3 OR MORE ATHLETES APEC SUGGESTS BOOKING AN AIRBNB IN  
ADVANCE. THIS CAN SAVE MONEY WHILE PROVIDED A NICE  
ENVIRONMENT. BRANDON CAN PROVIDE OPTIONS FOR YOU TO BOOK  
IF REQUESTED.**



# HOME 2 BY HILTON

## EXTENDED STAY HOTEL

SELF BOOKING AVAILABLE FOR REWARDS

**\$71 PER NIGHT**

- UPPER MIDSCALE SMOKE FREE ALL SUITE EXTENDED STAY HOTEL
- NEAR HULLEN MALL AND I 20
- 3 FLOORS 93 STUDIO AND 1 BEDROOM SUITES ELEVATOR
- HEATED INDOOR SWIMMING POOL EXERCISE ROOM
- KITCHEN IN EVERY SUITE
- FREE CONTINENTAL BREAKFAST
- FREE WIFI
- FREE PARKING
- PET FRIENDLY HOTEL ALLOWS PETS UP TO 40 POUNDS
  - 75 PER STAY FEE FOR EACH PET.
- 10 MILES FROM FACILITY.





**SPRINGHILL MARRIOTT**  
**EXTENDED STAY HOTEL**  
**SELF BOOKING AVAILABLE FOR REWARDS**

**\$65 PER NIGHT**

**SETTLE IN AND ENJOY THE COMFORTS OF HOME AT SPRINGHILL SUITES FORT WORTH UNIVERSITY IN ARLINGTON HEIGHTS. HOT SPOTS NEAR OUR MODERN HOTEL INCLUDE SHOPPING AND ENTERTAINMENT IN SUNDANCE SQUARE AND THE TCU CAMPUS. ATTEND THE RODEO AT THE ALL-NEW DICKIES ARENA FOR A QUINTESSENTIAL TEXAS EXPERIENCE, AND VISIT THE COLLEGE STUDENT IN YOUR FAMILY AT TEXAS CHRISTIAN UNIVERSITY. AFTER TAKING CARE OF YOUR WORK OBLIGATIONS USING YOUR ROOM'S WELL-LIT WORK DESK AND FREE WIFI, TAKE A MOMENT TO RELAX ON YOUR LIVING AREA'S SOFA WHILE BROWSING THE PREMIUM OPTIONS ON OUR TVS. WE LOOK FORWARD TO SEEING YOU EVERY MORNING FOR OUR COMPLIMENTARY BREAKFAST BUFFET. LOOKING TO KEEP UP YOUR WORKOUT ROUTINE WHILE ON THE ROAD? OUR 24-HOUR FITNESS CENTER FEATURES CARDIO EQUIPMENT AND FREE WEIGHTS. IF YOU'D RATHER OPT FOR AN AFTERNOON OF RELAXATION, OUR OUTDOOR POOL AND WHIRLPOOL ARE GREAT FOR UNWINDING. SPRINGHILL SUITES FORT WORTH UNIVERSITY IS THE PERFECT HOTEL WHETHER YOU'RE IN TOWN FOR JUST ONE NIGHT OR AN EXTENDED STAY.**





# APEC

CORPORATE HOUSING

**1 BEDROOM**

**\$2,750 - \$3,050 MONTHLY**

\*PRICE DEPENDING ON AVAILABILITY\*

**2 BEDROOM**

**\$1,900 - \$2,200 MONTHLY PER PERSON**

\*PRICE DEPENDING ON AVAILABILITY\*



**CORPORATE HOUSING OPTIONS PROVIDE THE MOST HOME LIKE EXPERIENCE  
FULLY FURNISHED APARTMENTS IN NICE AREAS OF FORT WORTH  
PROPERTIES INCLUDE TRINITY BLUFF, THE KELTON, THE FRANKLIN, AND ROCKLYN**