

BOBBY STROUPE

Founder, Owner, and President



Bobby Stroupe is the Founder and President of ATHLETE Performance Enhancement Center (APEC). Coach Stroupe has directed human performance systems for nearly 20 years while expanding his influence as an author, consultant, international speaker, and educator. His experience includes working with school systems, collegiate teams, professional teams, businesses, corporate fitness and individuals alike. His coaching ranges from youth athletes to some of the top names in multiple professional sports including multiple 1st round picks, Super Bowl and World Series champions. Stroupe and team currently support over 70 athletes in the NFL and MLB alone. Among many accomplishments by his athletes, Bobby has been credited with supporting arguably some of the strongest arms in the game of baseball and football including Patrick Mahomes. Coach Stroupe has been featured as a top trainer for multiple sports and athletic performances on ESPN, E60, Sports Illustrated, USA Today, NFL and MLB network, STACK, Bleacher Report, and many more.

Bobby has presented on various human performance topics at notable coaches clinics internationally, including the NIKE Roundtable and the China City Bowl tour. Stroupe launched the CAPEC certification at Nike World Headquarters in addition to doing work with Nike Training and the Nike Young Athlete division. Bobby serves on the Advisory Committee for Wellness and Exercise at Tyler Junior College. Stroupe and staff have powered strength & conditioning for TJC baseball during their four time in a row National Championship run.

Coach Stroupe belongs to an elite group of physical therapists, athletic trainers, and human performance practitioners as a Fellow of Applied Functional Science. Stroupe has also been named a Registered Strength and Conditioning Coach with *Distinction by the NSCA due to 10+ years of demonstrating high standards and professional practice.

CAREER COACHING HIGHLIGHTS:

NFL: 2018; 10 athletes drafted, 19 signed in the 2018 NFL draft. Stroupe led a team at the 2018 NFL combine that had 2 top overall performers in Malik Jefferson(LB) and Dylan Cantrell(WR). Both had the #1 SPARQ score as well. Dylan has been training in APEC system since he was 11 years old. In 2018 alone, 28 combine/pro day athletes grabbed 53 top 10 performances in competing events. 2017; Trained and mentored Patrick Mahomes from 8th grade to Texas Tech and eventually being selected the 10th overall pick(1st round) by the Kansas City Chiefs. Patrick continues to use APEC during his off-season preparation. Stroupe and team had the fastest linebacker at the 2017 NFL combine (Duke Riley) along with 6 total top performer marks. In 2017 APEC supported 14 players that made it to the NFL in 2017 including Dede Westbrook (4.27 - 40) and sophomore early entry Howard Wilson(4th round). Stroupe has supported NFL pro bowlers and Superbowl champions alike. Kendall Hunter led all running backs in the NFL in yards per carry with 5.2 in 2012, less than a year after an Achilles repair. APEC has also made a name for helping unrated and undrafted players make it into the league through impressive pro days, workouts, and camp performance (Harrell; Packers, Jackson; Falcons, Snow; Bills, Tucker; Eagles, Aubrey; Browns, Showers; Cowboys, etc.)

MLB / MiLB baseball; APEC has seen numerous All Stars and awards(Rumbelow POTY, Jenkins POTY). The Major League Baseball record for most consecutive starts to pitch 5 innings in a career belongs to APEC athlete, Josh Tomlin. April 21st, 2012 Philip Humber pitched the 21st Perfect Game in Major League Baseball history instantly putting his performance in the hall of fame. In 2015 Michael Kopech set the record for the fastest pitch with 105.7mph making a jump of 5 mph from his previous best. APEC has had two athletes with World Series appearances in Josh Tomlin (1-Indians) and Brandon Belt (2-Giants). To date, no APEC athlete that has trained for 3 straight off-seasons has not made it to the big leagues.

Major college football awards include; Biletnikoff Award winner (Dede Westbrook), Earl Campbell Award winner (Greg Ward Jr Houston), Rimington Award winner (Jake Kirkpatrick TCU), Doak Walker Finalist (Kendall Hunter OSU), Johnny Unitas Golden Arm Award(Graham Harrell Texas Tech). Bobby has been privileged to work and consult with NCAA record holders and National Champions. At one time in 2015 two of the five Heisman candidates were APEC athletes (Ward, Mahomes)



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