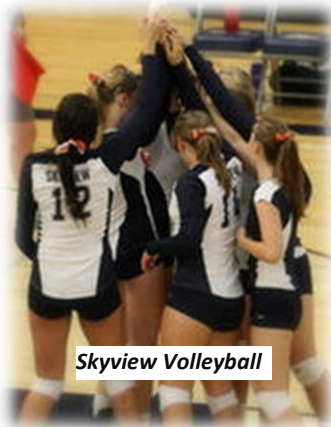


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Skyview Volleyball



44 NCAA Female Soccer Athletes



NCAA/High School Combines



Matt Kemp; MLB All Star



Royal High School '15 '16 '17 State Champions

The APX STRENGTH 365 System

Students - Coaches - Teachers - Athletes

::: All-Encompassing Performance & Wellness :::

**Entire Academic
Calendar
School Year**

Pro rates available pending on
when school/program begins.

Please Contact:
Drew Buchkoski
drew@apxstrength.com
509.240.0168



APX 365 is designed to incorporate PICP Level 5 programming for physical education classes and all sport athletes throughout the academic school calendar.

Your school will benefit from 2-12 APX Tier 1 certified trainers. Our coaches training includes an intensive 3-day certification including both theory and practical elements to ensure that the program is ran in the most optimal manner.

APX Strength will visit your school every 4-12 weeks to deliver the new training program ensuring optimal application of the current training phase.

APX Strength also provides a registered sports dietitian to visit the school 2-6 times per year depending on the needs of the population.

APX 365 is the most optimal program design and implementation system for schools to ensure optimal athletic performance.

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The Goal ... The goal of APX 365 System is to coordinate and enhance the health, culture, injury prevention and nutritional protocols of how your high school wellness system is structured and operated continuously through the school year. The program is built to assist coaches, teachers, students and parents with the overall culture. Injury prevention, exercise programming, and nutrition education is the cornerstone of the APX 365 System. It is of utmost importance that your entire school has a cohesive approach to developing the performance and wellness of all students.

Why APX 365? The APX 365 System has many dynamics that surround its proven success. It is of great importance that your entire school must fully understand the APX approach necessary to have continued growth and success. APX has recognized the need for improved development of an encompassing performance and wellness programs in the High School setting. Our experience has illustrated that schools with a cohesive approach to their performance and wellness programs encompass reduced injury rates in sports, enhance learning capabilities in the classroom, and decrease the amount of school days missed due to being sick.



Moses Lake High School Female Students executing a mirror scapular running traction circuit. MLHS has utilized the APX Wellness System since 2012 for all of its Physical Education Staff and Students.



Hanford High School student, coaches, teachers and community members being educated through a Nutritional Powerpoint presentation via an APX Registered Dietitian.

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The System... Designed to improve overall health and wellness, APX programming incorporates the use of all Functional Training equipment that trains the human body to build as one unit. This program will enhance each person's mode of exercise by developing strength, speed, endurance, stamina, and flexibility. Certain phases of the program are focused on eliminating the body's weakest links, which lead to injury. Other phases focus on Power, Speed, Agility, Quickness (SAQ), Core Stabilization, Low-Trunk Stability Kinetics, Flexibility (via Dynamic Yoga and Spinal Ground-Base Prescription) and Neuromuscular System Training. Aerobic/Anaerobic energy systems are a primary training target every session. All exercise programs are implemented to maximize overall health. This system is built around each student's specific needs by understanding the difference between male and female students. Most importantly, students will be educated on proper Nutrition protocols, specific to their age, gender, and overall nutrition goals. Implementing the APX 365 System will greatly increase the overall health of an entire population.



Summit High School, Bend, Oregon
Scapular Retraction & Torso Proprioception

Changing High School Training Cultures since '07

The Foundation...The APX 365 System is based purely upon the most current Exercise Science Research through the Poliquin International Strength Society, Kilo Strength Society and the National Strength & Conditioning Association (NSCA). This system reaches abroad – not just into Western/American training cultures – rather upon the compiled education and knowledge of World-Class Strength & Conditioning professionals and concepts. The current methodologies and sciences of Olympic, Czech, Bulgarian, Russian, Strongman, American Bodybuilding, German Volume Training, Yoga, Pilates, Aquatics, and Cardiovascular (VO2 Max) enhancement are implemented. These proven sciences have improved the overall health status of high school-aged students and adult populations.



Timberline High School Athletics



West Valley High School Athletics



Eastlake High School Athletics

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The APX Strength 365 System

Students – Coaches – Teachers – Athletes

All Encompassing Athletic Performance & Physical Education Program

General Program Summary:

- Annual Performance Enhancement/Injury Prevention Program; (4) Available Sessions
- Injury Prevention & Recovery Program
- Nutrition Education, Programming & Meal Planning Support
- 3-Day Intensive APX Tier 1 Certification for 2-12 school coaches (*Additional Cost)
- (1) All-Sport Boy/Girl Athlete Clinic
- (4) Visits from APX' Registered Dietitians – Content dependant on needs of population
- Unlimited Ongoing Education & Program Assessment Days (APX Staff)
- Daily Access to APX Staff via email/phone
- Health & Performance Training Center (Weight Room) Customization

Emphasis:

- Injury Prevention & Recovery (Female & Male Specific)
- Nutrition Education (Female & Male Specific)
- Weak Links Identification & Correction
- Connective Tissue Regeneration
- Increased Flexibility, Mobility & Stability
- Functionally Correct Warm-up/Stretch Routines
- Total Body Relative Functional Strength Program
- Student Specific Programming
- Running Technique/Sprint Dynamics
- Acceleration & Deceleration/Change of Direction
- Increased Postural Awareness
- Concussion Prevention
- Spinal Dynamic Stretch Routines
- Lean-Body Mass Increase & Body-Fat Reduction
- Unilateral Training Emphasis
- Weak Links & Neuromuscular Balance
- Aerobic and Anaerobic Energy System Development
- Mental Focus Improvement
- Video Analysis



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APX 365 System Breakdown

APX Installation & Certification Clinics serves as the orientation and educational program piece that is necessary prior to installing the APX system. The Clinic constitutes funding of approximately \$20-40 per participant with a minimum of 75% participants desired for optimal results and typical APX clinics range anywhere from 80 up to 200. To attain ultimate participation, invitees include the middle school boy/girl sports and all of your school's fresh through senior boy/girl sports, parents and coaches are relevant. This allows and ensures APX to provide proper staffing from all of our coaches and dietitians, as well as any/all travel and hospitality expenses. Essentially, the Clinic serves as a forum for the introduction and initial implementation of all APX programming design. Unlike the majority of 'other' Programs that cap the number of participants that can attend; APX is unique in that we allow an unlimited enrolment of students, teachers, coaches and community members. There are no restrictions for any single person that wants to enhance their knowledge and physical abilities.

APX 365 System Structure:

- \$30 ASB fee per student/athlete for the Academic School Calendar (500) Minimum Participants (Sept-June)
- 2-5x's per week of Training Frequency
- Average program spans between 8-10 weeks; depending on school calendar
- (3) Session Programs per Year via Fall, Winter & Spring Quarters
- Dates & Times – TBA (Schedules will be provided a minimum of 2 months ahead of scheduled one another)
- School/Program decides how many sessions to be ran per year, per program, per curriculum
- In-Season/Off-Season Programs for ALL Male & Female Athlete sports included
- Scheduled Registered Sports Dietitian Presentations
- Performance Coach and Dietitian visits will be chosen by school staff needs for optimal needs
- (1) School-wide 'All-Athlete/Student Boy/Girl Pre-Summer' Clinic to 'Kick Off' the Summer Program – Per participant/Negotiable
- (1-2) APX Strength Tier 1 Coaches will be provided upon the needs of the school/program
- Summer Sports Training Programs range from \$50-\$100 per athlete, pending booster support.



**Chiawana High School Football
'13 State Champs '14 Runner-Up**

APX 365 System Dates:

- WINTER SESSION: NOVEMBER – FEBRUARY
- SPRING SESSION: MARCH – MAY



- SUMMER SESSION: JUNE – AUGUST
- FALL SESSION: SEPTEMBER – NOVEMBER
- Average program spans between 8-12 weeks; depending on school calendar
- Times TBA; Pending which sport has weight/exercise room priority
- 6AM or ANY/ALL Phys Ed or Advanced Phys Ed; 2:30-6:30PM Typical Times
- Time depicts weight room scheduling with Coach, PE Head & Athletic Director
- Schedules will be put into place a minimum 2 months ahead of time

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APX Tier 1 Certification Coach

- 3-Day Intensive APX Tier 1 Certification - \$500 per coach/teacher (Minimum 4) – Included with Complete APX 365 System Registration for all Physical Education Teachers & Coaches.
- The APX Tier 1 Certification is preferred and required to be obtained by at least 1 coach for the vast majority of any APX affiliate that utilizes its Training Systems.
- With this credential, coaches have full access to training tips, training programs, technique videos, nutrition information, articles, and the ability to request information from our staff to help them implement the system.
- The key concepts and fundamentals attained within the 'APX Training System' are critical in the delivery of this dynamic and proven system.
- Obtaining your Credentials, you will attain the required knowledge to efficiently and correctly deliver the APX system to your program, athletes and/or clients.
- This certification is inclusive and ultimately unique in its very own nature of Performance curriculums. Its proven Performance Systems have worked within non-athletic and athletic environments for the past 12 years. It is the APX goal to educate those who want to push themselves for a better, more acute understanding of how they can improve their abilities to coach his/her athletes in the training paradigm of sport or classroom instruction.
- At the conclusion of this Tier, the coach will warrant:
 - o Administer the correct neuromuscular warm-up to all athletes and populations
 - o Understand the concept of structural balance
 - o Safely and efficiently train athletes, students
 - o Maximize time while maximizing the strength qualities you are trying to implement
 - o Understand how to manipulate and prescribe tempo, sets, reps and rest time within your setting
 - o Be a more motivating, passionate and efficient strength coach or teacher

APX Tier 1 Certification Testimonies:

"If you are looking to take athletic development to the next level, APX has the science and philosophy to help you be a better teacher and coach. The system is created in the most current, scientific method, and research of athletic development that blends well within the classroom setting. I am more efficient with my time, and the culture of the weight-room has changed for the better." (Jeff Krekling, Roslyn/Cle Elum High School)

"Drew and APX are a top of the line; science backed training system that will get results. I just completed the APX Tier 1 certification process and it was incredible. I pride myself on giving my kids the best that they deserve and I feel that they are truly the most optimal choice there is when it comes to training. The kids and the coaches absolutely love it." (Brad Anderson, Liberty High School)

"I have been a physical education coach for the last twenty years and I have never seen a system before that uses the latest in exercise science research that delivers it into a practical classroom setting. Going through the training I realised how much I did not know. The training is centred around answering the question "Why?" behind what I am teaching the kids. I had to unlearn basic training techniques that I grew up with to get my students and athletes the most optimal training possible and to make it safer for their bodies." (Ehren Plummer, Covington Middle School)

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Nutrition & Wellness

:: Nutrition Course Syllabus - Incorporated within the Program ::

Course Logistics

Course Title: APX 365 System Nutrition Classes
Academic Hours: Four classes @ 1 hour per class

Instructors:

Janell Bradshaw
APX Registered Dietitian, MS, RD
Specialist in Sports Dietetics
janell@apxstrength.com

Course Objectives

The APX 365 Nutrition Classes have many dynamics that surround its proven success. APX has recognized the need for the improved development of nutrition and wellness programs in the High School setting. Our APX nutrition staff understands that there are numerous misconceptions on how to properly fuel the body for healthy lifestyles. Because of this, our Registered Dietitians specialize in providing simple, realistic strategies on how to implement healthy foods into each student's daily meal plan, based on each their specific needs. Our experience has illustrated that schools with a cohesive approach to their health and wellness programs encompass reduced injury rates in sports, enhanced learning capabilities in the classroom, and a decreased amount of school days missed due to being sick.

Class Format

Class One: Nutrition 101

- Our Registered Dietitians will use a power point, a variety of videos, and will split students up into groups to provide a basic nutrition education piece.
- Specific goals for the first class are:
 - o Understanding your metabolism to prevent your body from going into 'starvation mode.'
 - o Understanding the specific role of proteins, carbohydrates, and fats, and choosing the best forms of each to decrease inflammation that leads to disease, and to obtain optimal health goals.
 - o Understanding pre-workout and post-workout meals to prevent injury, build lean muscle mass, and increase energy levels.
 - o Understanding exactly how much water you need each day and what the best forms of hydration are while working out.

Evaluation: At the end of class, we will build a basic meal that incorporates all topics discussed in class. We will do this as a group to ensure every student thoroughly understands how to create a realistic meal plan based on their overall health and wellness goals.

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Class Two: Deciphering food labels & learning about the most dangerous ingredients linked to disease

- Registered Dietitians will provide an education piece on how to read food labels in order to choose the healthiest options based on specific nutrition values.
- Each student will learn how to target the most dangerous ingredients that are linked to cancer, diabetes, heart disease, and stroke, and will know how to choose healthy alternatives.

Evaluation: Students will be given a variety of food labels to provide a hands-on learning approach. From the information they learn, the students will be able to take these food labels and categorize them into the 'foods that enhance health' vs 'foods that lead to unhealthy weight gain and disease'.

Class Three: Meal Prep 101

- This interactive class will focus on planning and preparing simple, healthy, convenient meal and snack ideas.
- Our Registered Dietitians will have a variety of recipes and will present on how to prepare each one. By doing this, students will be able to see and understand how simple and quick it is to come up with healthy meal and snack ideas. Students will also be able to share if they have any snack and meal ideas of their own.

Evaluation: Students will be given tools on how to record their daily food intake using systems such as 'myfitnesspal', 'Sparkpeople' or writing out daily food logs. If students chose to record their daily intakes, our Registered Dietitians can take the information and help them change certain meals and snacks so they obtain their optimal health goals.

Class Four: What are 'Super Foods' and how do I simply place them into my diet?

- Our Registered Dietitians specialize in understanding what the healthiest foods are based on key vitamin and mineral factors, and providing simple, affordable ways to implement them into your diet.
- This class will focus on the top 7 super foods. We will be discussing how these foods combat disease and how they will set you up for optimal health.

Evaluation: This is a very interactive class, where students will be able to see each of the foods, watch how to simply prepare them, and learn exactly where to place them in their diets. This will give staff the opportunity to tie all of the previous classes together by using these food models and ask specific questions about all of the class material they have learned.



(*) Contact:

If you have any additional inquiries, questions or would like to set up a meeting please forward to:

Drew Buchkoski @ 509.240.0168 :: drew@apxstrength.com

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**DREW BUCHKOSKI
PICP LEVEL 5, CSCS
PERFORMANCE DIRECTOR**

One of the key elements in the driving success of APX operations is Drew Buchkoski. Buchkoski, now in his 10th year ('07-Present) as APX' Program Director of Sports Performance, plays a significant role as the designer for the School programs. He also has been quick to aide the business development aspects of APX' growth throughout the Northwest region. He oversees the NHL, NFL & MLB Off-Season training protocols in both the Seattle & Spokane/Couer d'Alene regions and has been promoted throughout the Creative Arts Agency (CAA) in L.A.

While he has been one of the integral components to APX program's success – as often credited by both past and present pro, college, high school student-athletes and coaches – his work and innovations are now recognized as some of the overwhelming contributions to the pace at which performance programming has changed and been administered into the High School & Pro Athlete realms into the Northwest.

Buchkoski's programming furnishes APX athletes with a wide variety of performance-specific exercise through weight and body-weight training, plyometrics, speed and speed traction emphasis, yoga, aquatics and Poliquin Performance Principle lifting systems. He is a noted authority in the field of exercises dealing with the improvement of neuromuscular strength and function, via strain and counter-strain applications that incorporate position and stance specificity.

The Michigan native became an assistant strength coach at Eastern Washington University in 1998, a position he held for two years before assuming a Graduate Assistant role at Gonzaga University and then to the Seattle Seahawks as an intern-turned-assistant in the Football Operations/Strength & Conditioning offices from '99-'01. Buchkoski moved to Scottsdale/Tempe, Arizona region and served Performance Coaching stints at Arizona State University under Joe Kenn (Carolina Panthers Head STC), Scottsdale Community College and a Charles Poliquin endorsed Ikei Performance Center from 2004-06. He also went into private business and opened C.O.R.E. Athlete Performance with several notable Performance Coaches, specializing in High School, Collegiate and Pro Training.

He graduated from Eastern Washington University with degrees in Education & Journalism in 1999, and worked on his Masters in Sport & Athletic Administration from Gonzaga University from '00-'01. He is active in national organizations surrounding his profession such as the National Sport Governing Organization (NSGO) and is certified by the National Strength & Conditioning Association (NSCA) as a CPT & CSCS. He attained the Poliquin International Certification Program (PICP) credentials via Coaching Levels 1, 2, 3, 4 & 5 as a Poliquin International Master Strength Coach. He is 1-of-27 Level 5 PICP Master Strength Coaches in in the world.

Throughout his 16-year career, he has aided, prescribed and administered training protocols that have resulted in the placement of 38 athletes in the NFL draft, 180 into NFL/CFL Training Camps, developed 62 MLB/MiLB Drafted and Contracted Athletes, 24 NHL/AHL Hockey Athletes, and between Arizona & Washington has produced Training Programming that warranted 11 State Football Titles and numerous Track & Field, Volleyball, Baseball, Basketball & Soccer team championships.



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Weekly Training Scheduler Prototype

S	M	T	W	R	F	S
MEAL PLANNING. RECOVER. REST. EAT. HYDRATE.	CORE, LO-TRUNK, PRO AGILITY & HIP MOBILITY ABDOMINAL STABILITY AEROBIC ENERGY SYSTEM EMPHASIS FOAM ROLL BAND TKE HIP MOBILITY LINEAR SPEED DAY RECOVERY SHAKE/SNACK	ANTERIOR/ POSTERIOR TORSO &/or LOWER &/or EXTENSOR STRUCTURAL MAXIMAL RELATIVE STRENGTH EMPHASIS ANAEROBIC HYPERTROPHY ENERGY SYSTEM EMPHASIS AGILITY DAY RECOVERY SHAKE/SNACK	ANTERIOR/ POSTERIOR TORSO &/or LOWER &/or EXTENSOR STRUCTURAL MAXIMAL RELATIVE STRENGTH EMPHASIS ANAEROBIC HYPERTROPHY ENERGY SYSTEM EMPHASIS 3D DYNAMIX DAY RECOVERY SHAKE/SNACK	POWER LINEAR SPEED BALLISTICS & PLYOMETRICS BOXING &/or SPRINT TRACTIONS & STADIUM STAIRS AEROBIC & ANAEROBIC ENERGY SYSTEM MIXTURES RECOVERY SHAKE/SNACK	TRAINING SESSION MAKE-UP AVAILABILITY &/Or PRESCRIBED STRUCTURAL BALANCE, SPEED, AGILITY WORK &/Or SCHEDULED ATHLETE YOGA SESSION *PER COACH SCHEDULE RECOVERY SHAKE/SNACK	MEAL PLANNING. RECOVER. REST. EAT. HYDRATE.
ANATOMICAL MUSCLE PAIRING & ENERGY SYSTEM DESCRIPTIONS	> ABDOMINAL > CORE > HIP EXT'S > PIRIFORMIS > OBLIQUES > SPEED > PRO-AGILITY > QUICKNESS > MIRROR/BAND > MYOFASCIA RELEASE >10S/20S/START > PRO AGILITY TESTS (TIMED)	> GLUTE/HAMI > BAND SPRINTS > HIP EXT'S > PIRIFORMIS > LUMBAR > ABDUCTION > ADDUCTION > BULGARIAN COMPLEXES > RUSSIAN HYPERTROPHY > MYOFASCIA RELEASE	> SHOULDER GIRDLE > PECTORALIS (MAJOR/MINOR) > LATTISIMUS DORSI > FOREARM & BRACIALUS > ROTATORS > SCAPULARS > LUMBAR > EXTENSORS	> 3-HEAD SHLDR > TRICEPT (ALL) > BICEPTS (ALL) > FOREARMGRIP > BRACIALUS > ROTATORS > TRAPIZIUS > ACL-MCL-PCL > CALF & ANKLE > SOLEUS/IT > NECK FOCUS > ADVANCED CONDITIONING	> UPPER/LOWER ROTATOR SPEED/QUICK DEVELOPMENT > SPEED, AGILITY & QUICK LADDER WORK > INTENSIFICATE POWER DAY > PRE-CURSOR TO POWER	MEAL PLANNING RECOVER. REST. EAT. HYDRATE.
	35-50 MIN	35-50 MIN	35-50 MIN	35-50 MIN	35-50 MIN	

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