Internship Packet
Frappier Acceleration Sports
Training Facility

 Owners
Jack Whitver
Geoff Jensen
Internships Available

Job Title:
Athletic Performance Internship

Job Description:
Elite Acceleration of Central Iowa is seeking independent, motivated individuals with a strong background in exercise science, anatomy, and biomechanics. Experience includes working with athletes in the Frappier Acceleration Program, assisting in program development, marketing, and data entry. All semesters are available, summers encouraged. Non-paid. To apply, please e-mail a cover letter and resume to Geoff Jensen, Facility Manager.

Facility Location:
Elite Acceleration of Central Iowa

Email Address:
gjensen15@hotmail.com

Website:
www.frappieracceleration.com

About the Program

Equipment

Generation II Super Treadmill

This specialized treadmill provides a speed range from 0-28 miles per hour and is capable of an incline up to 40 percent and decline to 10 percent. Raised and lowered hydraulically, these unique treadmills are designed to help athletes improve their speed while reducing force at the knee upon foot strike.

By elevating the grade, runners automatically learn to maintain forceful knee drive, proper pelvic position, high foot carry-through and full extension with every stride. Its subsurface was designed from interchangeable polymers to provide additional shock absorption. The treadmill also has a specially-designed spotting mechanism and handlebar for backward running.

The attributes of incline running, combined with the safety of increased shock absorption, provide the opportunity for repeated exercises under ideal conditions to improve stride length.
**Plyo Platform**

Our multi-layered Plyo Platform brings safety and state-of-the-art technique to plyometric jump exercises. With SprintCord technology built into its frame, the Plyo Platform is the only plyometric device that recruits the hip flexors, extensors, abductors and adductors during actual athletic movements. Flexors and extensors are strengthened for forward and reverse speed.

The Plyo Platform is ideal for sport-specific training. Repositioning the SprintCords and altering the patterns of movement within our four-vector formation can create 52 different load combinations to the lower extremity, making it possible to create precise regimens designed for specific results.

With the Plyo Platform, athletes develop keen body awareness, strength, agility and fast response rates. Contact-sport athletes can quickly outmaneuver competitors. Others can respond instantly to ball location, changing field conditions and competitor positions.

**Cord Technology**

Our Cord Programs implement the use of various resistance cords for sport-specific training. The use of our cord technology enhances your workouts by providing resistance to upper and lower body extremities, building more powerful motions for sprinting, jumping, kicking, throwing, hitting, swinging or other sport-specific motions.

- **SprintCords**
- **PowerCord™**
- **ThrowingCord™**

**SprintCords**

The SprintCords are patented, lower extremity, resistance-training cords implemented during running or hockey Program sessions and during floor work.

SprintCords enable proprioceptive recruitment of the specific neuromusculature associated with sprinting (on land or ice) and other related motions. Athletes can build powerful motions for sprinting, jumping, kicking or other sport-specific motion.

**PowerCord™**

The PowerCord™ is a patented training aid that utilizes cords to provide upper extremity resistance to the arms, trunk and shoulders for better movements in sports such as hockey, basketball, volleyball and baseball/softball.
Along with a specialized-training protocol, the PowerCord™ helps build sport-specific power skills such as shooting, throwing and hitting. PowerCords are used in conjunction with the sport-specific training protocols for volleyball, baseball/softball, basketball and hockey. Athletes looking for improvement in any sport-specific movement utilizing the upper extremities will benefit from using the PowerCord™.

**ThrowingCord™**

To improve throwing velocity, we combine our training protocol with the patented ThrowingCord™, manipulating the neuromuscular system and developing strength and mechanics specific to throwing a baseball, softball, football or even javelin. We have observed an average improvement

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**Professional Testimonials**

"We opened the FAST Program in South Florida to share the best sports training technology available to pro and youth athletes. The Frappier Acceleration Sports Training technology is a piece of that technology that has allowed me to become one of the top wide receivers in the NFL. I believe that training children at an early age to run properly and become more efficient will impact their performance in all sports for the rest of their lives."

Cris Carter  
All-Pro Wide Receiver

"There's no magic to success. You won't get there unless you are in the best shape of your life and you continue to practice and train. The hockey treadmill really helped my power. I would definitely train on it again."

Pascal Dupuis  
Minnesota Wild  
Photo credit © Bruce Kluckhohn

"I would definitely recommend it! People are given natural abilities that you can use only so much; this (program) really helps you develop those talents to a greater level. There comes a point in time where all the talents even out. And I believe that this program can really take your talents to the next level. It's had great results for me, and I really believe that it helps your physical and mental state. It's amazing what it does for you! It's definitely made me a better athlete!"

Darin Erstad  
Anaheim Angels

"There are a lot of benefits to the hockey treadmill. During the off-season, you can do a lot of things from biking to running, but this is a program where I can use my equipment. I've got my skates on that I wear during the season. The program sets you up for not only endurance skating, but it also does elevation and quick sprints. So it helps your foot speed as well as your cardiovascular and your leg strength...It's so great for little kids just learning. It teaches you how to skate properly. For the intermediate, you girls or guys, it develops your leg strength and skating muscles. From college players to great high school players and those in the pro ranks, it's a great conditioning program!"

Brett Hull  
Detroit Red Wings
Programs

Running Program

Running is an element of nearly every sport. Just two quick phrases summarize the goal of the Frappier Acceleration Running Program: Move faster—run longer! However, there are actually key component objectives essential to meeting this general goal.

Increase Maximum Sprint Speed

Athletes will reach optimal speed by increasing the two components of speed: stride length and stride frequency. Stride length increases through improvements in strength and flexibility; stride frequency increases by the selective recruitment of neuromuscular pathways.

Increase Anaerobic Tolerance

By increasing lactate tolerance and lactate clearance capacity, athletes gain the ability to maintain maximum speed for a longer duration or for repeated bouts without decreasing speed. Recovery times have been noted to be reduced by as much as 50 percent.

Improve Sprinting Biomechanics

Incline running on the treadmill allows specific development of the key factors associated with acceleration, optimizing both the training effect and the training area. Forward acceleration can only be developed from a certain point in your stride to toe off. That's why incline capabilities help each athlete learn and maintain knee drive, proper pelvic and trunk position, forceful contraction of the lower extremity, optimal stride length and properly coordinated upper extremity movement. Our high-speed treadmill also allows for specific neuromuscular recruitment and synaptic response.

Increased Aerobic Base For Long Distance Running

The distance running protocols are for 800 to 1500 meter and 3k to 10k. These protocols were designed to precisely train endurance runners with Frappier Acceleration Sports Training technology and to be as specific to race distance as possible. Endurance training needs to have an aerobic base and enhancement of this base should lead to greater success in long distance running.

Increased Proprioception, Improved Body Composition & Enhanced Self-Esteem

Gains in each of these areas come directly or indirectly from completing the Frappier Acceleration Running Program. And each, in turn, can contribute to an athlete's gain in speed and overall success.

Safety

Safety of the athlete is #1. Athletes train in a controlled environment allowing trainers to inform them of the specific drills prior to beginning. They are under adult supervision during training sessions and are always spotted when running on the Super Treadmill. The Super Treadmill has a subsurface designed from interchangeable polymers that provides additional shock absorption. The treadmill also has a specially-designed spotting mechanism and handlebar for backward running. A safety harness is also used when the athlete is backpedaling.

Results

When you train on the FAST Programs, you not only will improve your conditioning to a higher level, but you also improve your quickness, balance, agility and overall athletic performance. The average athlete results are a 2-4 inch increase in vertical jump, a 50% reduction in recovery rates, and a decrease of .20 of a second in a 40-yard sprint.
Plyometrics Program

Almost all team sports involving the offense and defense playing against one another require multi-directional movements. The ability to adapt to directional changes as quickly as possible while maintaining body control is essential and must be developed through practice. That's where our Plyometrics Program comes in.

Designed to work in conjunction with our other Programs or as stand-alone training, the plyometrics Program involves a variety of footwork drills and special exercises that enhance an athlete's ability to change directions quickly and explosively.

Through specialized equipment such as our multi-layered Plyo Platform, athletes perform these drills in a variety of directions that mimic the multi-directional movements found in most sports. By training the feet, legs, hips and torso to maintain these various positions and transition to other positions, participants optimize their potential to excel on the field or court.

Safety

Safety of the athlete is #1. Athletes train in a controlled environment allowing trainers to inform them of the specific drills prior to beginning. All athletes are under adult supervision during training sessions.

Results

Plyometric training improves balance and awareness of body position, as well as strengthens hips, improves vertical lift and develops quickness and lateral agility.

Resistance Cord Programs

What's the key to success in athletics? It's complicated, but it's attainable by maximizing your workouts. Frappier Acceleration Sports Training Cord Programs incorporate our protocols and special training cords into sport-specific training, so athletes can improve skills and maximize their potential. That's the key benefit that our training Programs offer today's athletes. By taking the time to understand the components that lead to success in each sport, we've developed specific, patented technology that helps athletes work smarter — not just harder — to attain success.

Powercord™ Program  Throwing Program  Hitting Program  Kicking Program