



THE FRAPPIER ACCELERATION PROGRAM

The Frappier Acceleration Program is a scientifically designed program to develop an athlete's quickness, agility, dynamic sprint speed, running mechanics, strength, recovery time and overall confidence. Athlete's who have gone through the intense, 6-8 week program have recorded an average speed improvement of .2 seconds in their 40 yard dash times and increases of 2-4 inches in the vertical jump. This extra speed and explosiveness can and in many cases will speed the difference or spell the difference between success and failure for an athlete in competition.

The basic program consists of 3 components. Each week the athlete will complete:

- * Two sprint work-outs on the Super Treadmill
- * One plyometric session
- * Three strength training sessions

Super Treadmill: the sprint training takes place on a treadmill that has top speed of 29 mph. The treadmill can also create a 40% incline. The Super Treadmill is designed to increase the athlete's acceleration, sprint speed and anaerobic tolerance.

Plyometrics enhance acceleration, agility, lateral and diagonal movements, balance, coordination, vertical jump ability, and lower body strength.

Strength Training involves the use of specific lower body weight lifting equipment to improve strength in and about the hip girdle and legs. Young athletes use modified strength building techniques to increase their strength.

The Frappier Acceleration Program is an all-encompassing performance enhancement training program for all athletes at the junior high, high school, and collegiate level. There are 5 levels; each level of training involves greater intensity and volume of work. Once you have gone through level 1, participate in your sport and you will want to come back for more. To schedule an initial assessment, or for more information, call 483-2719.

Dickinson
STATE UNIVERSITY

ACCELERATION TRAINING FREQUENTLY ASKED QUESTIONS

1. WHO IS THE PROGRAM FOR?

The Acceleration Program isn't just for elite athletes. It helps athletes of all levels of athletic ability improve. If you are willing to work hard, you will improve speed, quickness, strength and self-confidence. Put more effort in, you attain better results. Our goal is to help every participant become a better athlete, no matter what level they're at when they enter the program.

This international program has spread to over 145 sites throughout the world. In its fifteen+ years of existence, many athletes have used the Acceleration Program to gain speed and power, including many professional and Olympic athletes. More than 100,000 athletes have been trained. This past year, DSU has trained over 200 of its varsity athletes.

2. WHO CAN PARTICIPATE IN THIS PROGRAM?

The age range of participant's nation wide has been from ages 8 to 60. However, DSU opens the program to students entering the 7th grade in the fall thru high school age athletes. We modify the intensity and program duration for each athlete to meet their individual training needs. The program provides a safe and effective training plan no matter what age or level. If you are willing to work hard to become a better athlete, we can help you attain results.

3. WHAT DOES THE PROGRAM INVOLVE?

Initially, you will participate in a very thorough strength, flexibility, power, speed, and agility evaluation to indicate your current training status prior to beginning the program.

You should plan to schedule 3 sessions per week for 6 consecutive weeks to attain maximal strength and physiological gains. You will need to lift two to three times per week, run on the treadmill twice per week, and perform plyometric exercises once per week. We'll help you plan your schedule when you begin. At the end of the program, you receive final evaluation reports so you can actually see how much you have improved.

Advanced levels of training also use the patented sprint/powercords.

Super Treadmill is used to analyze and improve your running mechanics. Qualified trainers will determine improper gait and running mechanics. We help you lengthen and quicken your stride, so you're faster and more agile. You'll use the treadmill to run in gradually increasing speed sprints, so your body is conditioned to recover quicker between bouts of exercise. Plyometrics are footwork drills to improve your balance, agility, endurance and vertical jump. You'll gain outstanding body awareness and the ability to move quickly and explosively to make that first step quicker.

Strength Training involves the use of specific lower body weight lifting equipment to improve strength in and about the hip girdle and legs. Young athletes use modified strength building techniques to increase their strength.

Sprint/Powercords attach to your arms and/or legs to increase resistance when you're running, kicking, or throwing. They are used differently for each sport. The cord program enables the athlete to strengthen muscles at the specific velocities used in actual competition (sport specificity).

4. WHEN SHOULD AN ATHLETE BEGIN THE PROGRAM?

Pre-training evaluations will begin on Tuesday, May 30 and run thru Wednesday, June 7. When pre-training evals are completed, the athlete will begin participation in the training program, usually the Monday following evaluations. We continue with the training program until we have completed the agreed upon number of workouts.

We will not accept any athletes into the program after June 7th.

5. HOW IS ACCELERATION TRAINING DIFFERENT FROM WHAT I CAN DO AT CAMPS?

Camps teach you specific skill for your sport. The Acceleration program focuses on developing better athletes by building speed, strength, quickness, jumping ability and overall conditioning. While our price may be more than other camps, you receive far more one-on-one time with trainers and you get 6-8 weeks to absorb and practice what you're learning.

6. HOW CAN I COMPARE THIS PROGRAM TO OTHER CONDITIONING PROGRAMS?

You can't. We use patented equipment designed for and used exclusively by the Frappier Acceleration Network. The programs' protocols were scientifically developed and tested with input from exercise physiologists, orthopedic physicians, athletic trainers, and physical therapists. Besides this high level of expertise, athletes who've been through our program will tell you that it's fun and an excellent preparation for the upcoming season.

7. WHAT CAN THE ATHLETE EXPECT AT THE FIRST APPOINTMENT?

Come dressed to work out, have shorts, t-shirt and running shoes to change into.

You'll begin with an initial jumping evaluation, then a plyometric session and strength evaluation on our weight equipment. You'll want to eat a light meal

two to three hours prior to your appointment. Fruits, crackers and juice are good choices if you want to or need to bring a snack.

The first appointment takes approximately one hour to complete. Subsequent training or evaluation sessions range in duration from 45 to 90 minutes in length. The average training session each visit is one hour.

8. WHAT TIME OF DAY DO I TRAIN?

Our training hours will be from 7:00 am to 4:00 pm, Monday through Friday. Appointments for training will be made to begin on the hour. Athletes may lock in specific training times for the entire training program or may schedule each appointment individually. The scheduling option you choose will depend upon your schedule. Be sure to check the policy sheet in regards to promptness and attendance.

9. EXPLAIN THE PROGRAM OPTIONS?

We offer programming variation which hopefully provides availability to as many athletes as possible. Programming options also are designed to provide the athlete the best opportunity to meet their goals. With the 12, 18, and 24 workout packages, we can choose any combination of treadmill and plyometric workouts with the idea of helping YOU attain your desired goals.

10. WHICH PROGRAM SHOULD I CHOOSE?

For athletes participating for the first time, we recommend the 18 workout package. For returning athletes who want to be more aggressive in their training, we'd recommend the 24 workout program. For the athlete busy with camps, work, etc., the 12 workout program may be best.

11. HOW DO I GET STARTED?

All relevant registration information can be found on our website at www.dickinsonstate.edu. Click on the ATHLETICS quick link, and then click on the Ben C. Frank Human Performance Center link. Complete the registration forms and mail, along with a photocopy of your most recent athletic physical form (Form A or B) and a \$150 deposit to:

DSU SPORTS ACCELERATION
291 CAMPUS DRIVE
DICKINSON, ND 58601

Upon receipt of your registration, we will contact you to set up an appointment for pre-training evaluation.