

APEX Performance, Inc. Newsletter

Apex is excited to announce our new training center!

April/ 2011



APEX Performance is proud to announce newest center with Wounded Warrior Project - TRACK in San Antonio.

In January 2011 - Apex Performance opened it's third Peak Performance Training Center in San Antonio, TX. Apex Performance will deliver their state of the art Peak Performance Enhancement Training as a part of the TRACK program to injured warriors enrolled in the Wounded Warrior Project TRACK program. The San Antonio location is the second center Apex has opened with the Wounded Warrior Project. The first is in Jacksonville, FL where Apex has proudly watched four graduating classes go on to succeed in their chosen fields of work or school.

Apex Performance delivers peak performance mental skills training to the cohorts as an integral part of the TRACK curriculum. Cohorts develop the five components of the Apex Model, developed by founder Dr. Louis Csoka (Col Ret).

The Wounded Warror Project's TRACK is a unique program that APEX is excited to be a part of. The cohorts will participate in the TRACK curriculum which includes several college classes as well as electives to introduce different career options for the warriors. All academic courses are taught by FSCJ/Alamo College instructors at the TRACK site or on campus. In addition to these classes the warriors will attend life skills training, Apex Performance Peak Performance Enhancement Training, physical training, and financial preparation courses. The final three months consists of a full-time externship with local employers to prepare warriors for civilian employment.

Stay tuned for our May Newsletter for more details...

Apex Performance's main training center is located at Apex Performance headquarters in Charlotte, NC. If you are interested in visiting one of our centers or for more information please contact us at 704-831-5614.



About Apex Performance, Inc.

Apex Performance provides performance improvement services to military units, pro and college athletes and senior executives who need to build mental agility and mental toughness. APEX Performance provides training to deliver results on the core of leadership - self awareness, confidence, mental agility, and composure. Utilizing a combination of personalized development programs, follow-up coaching, and advanced sensory technology, APEX provides the tools and learning required to achieve sustainable peak performance.

Apex Performance is headquartered in Charlotte, NC.
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Apex Performance is a Service Disabled Veteran Owned Small Business.

Wounded Warrior Project TRACK

WWP's TRACK program offers wounded warriors an integrated approach to address long-term needs for education and training, advocacy, and secondary rehabilitative care for the MIND, BODY and SPIRIT. This unique program offers participants a range of college classes and services customized to their needs, helping them build career skills, train in veterans' advocacy, and continue recovery toward a more independent life. The warriors attend college classes as a group, with the ability to draw from their shared experiences. Each TRACK facility has three state-of-the-art classrooms, as well as a gym, and individual workspaces for the warriors and instructors.

Read more:

<http://www.woundedwarriorproject.org>



TRACK



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