2027 NFL DRAFT PREP

APEC

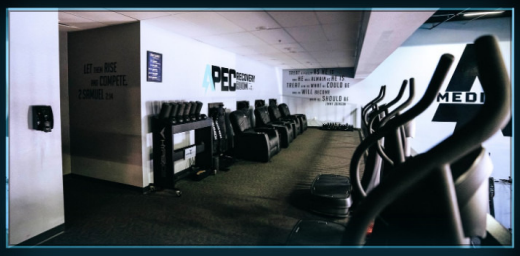
ELECTRIC RESULTS.
PROVEN SYSTEMS.
PLAYER FOCUSED.

TRAIN WHERE CHAMPIONS ARE BUILT

APEC'S STATE OF THE ART FACILITY

APEC's training environment is second to none. Our cutting-edge facility was designed with one goal in mind: to develop elite athletes at every level. With a fully equipped high-performance training center, a regulation-size football field, and a climate-controlled indoor turf field—all on-site—athletes have every resource they need to prepare, perform, and dominate.

Whether it's NFL Combine prep, in-season development, or off-season progression, APEC provides the space, tools, and atmosphere to push limits and maximize potential.



UNLOCK PEAK PERFORMANCE

At APEC, we bridge cutting-edge science with elite athletic preparation. Our NFL Combine training program is powered by advanced human performance testing technology, giving athletes a competitive edge through data-driven precision. From force plate analysis to velocity-based training (VBT) systems and GPS tracking, we assess and optimize every aspect of speed, power, mobility, and recovery.

By identifying individual strengths and targeting areas for improvement, our expert team creates customized development plans that translate to real results on the field —and at the Combine. **At APEC, we don't guess—we measure, analyze, and elevate.**

ELECTRIC RESULTS.

FUELING ELITE PERFORMANCE

At APEC, we know that peak performance starts from within. That's why our NFL Combine training program includes a cutting-edge nutrition component powered by advanced technology and data analysis.

Using tools like metabolic testing, body composition analysis, and individualized biomarker assessments, we evaluate each athlete's unique physiology to develop targeted nutrition protocols.

From optimizing energy availability and recovery to enhancing strength and speed, our science-backed interventions are tailored to fuel training and drive measurable results. **At APEC, we don't follow trends—we use technology to turn nutrition into a performance weapon.**

RESOURCES AVAILABLE

- InBody 580 – body composition
- Individualized supplement plan
- Specialized app with AI integration
- Continuous glucose monitoring

PRECISION STARTS WITH UNDERSTANDING

APEC'S COMPREHENSIVE ATHLETE NEEDS ASSESSMENT

At APEC, elite performance begins with clarity. Our NFL Combine training program starts with a complete athlete needs analysis—an in-depth, data-driven process that evaluates every facet of athletic performance. Through advanced testing and expert evaluation, we build a detailed performance blueprint that guides targeted, individualized training.

ASSESSMENTS INCLUDE

- Physical therapy screen
- Physician led orthopedic evaluation
- Functional movement assessment
- Force plate jump profile
- Lower & upper body strength and power testing
- Speed profile with biomechanical & kinematic video analysis
- Recovery assessment
- Cognitive performance evaluation

COMPLETE ATHLETE DEVELOPMENT

SEAMLESSLY INTEGRATED AT APEC

At APEC, we deliver a truly holistic approach to athlete performance. Our NFL Combine training program integrates advanced testing, continuous monitoring, and individualized performance plans across every key discipline: physical therapy, nutrition, cognitive training, performance training, and sport-specific skill development.

By uniting these areas under one roof with seamless collaboration and state-of-the-art technology, we create a 360° athlete profile that guides every decision—from recovery protocols to nutritional strategies and on-field execution. **The result? Smarter training, faster progress, and peak performance when it matters most.**

TRANSPARENT COMMUNICATION UNIFIED SUCCESS

At APEC, we believe elite development requires elite communication. That's why we maintain the highest standard of transparency and collaboration with every athlete and their agent throughout the entire training process.

From initial assessment to day-to-day progress and long-term development, we keep all key stakeholders informed, aligned, and actively engaged.

Through regular performance updates, detailed reporting, and open lines of communication, we ensure that everyone involved in the athlete's journey understands the plan, tracks the progress, and contributes to their success. **At APEC, we don't just train athletes—we build trusted partnerships that fuel results.**

MEDICAL INTEGRATION

APEC has bolstered and enhanced our Medical program, making it the most comprehensive, well-rounded approach in the country. We have in-house Physical Therapists, Chiropractors, and Acupuncturists working daily with our athletes. Our team has over 14 years of combine prep experience and has worked with over 400 players specifically training for the Combine. We focus on detailed musculoskeletal examination, multidisciplinary plan of care, and consistent treatment on current injuries while programming their treatment with our strength and conditioning staff to prevent injuries with both table work and corrective exercises. When putting this together with our state of the art Recovery Room, there isn't a program that can match our structure and service.

- Physical therapy – multiple treatments weekly
- Chiropractic care – multiple treatments weekly
- Massage – weekly
- Hot/cold tub access
- Infrared sauna access
- Injury rehabilitation available, work with school insurance

TREATMENT TO GET RIGHT, STAY RIGHT, & FEEL YOUR BEST

MEDICAL

OUR IN-HOUSE SERVICES

PHYSICAL THERAPY

The physical therapy program will be the staple service for the athletes. PT will include techniques such as (but not limited to):

- Full orthopedic musculoskeletal evaluation
- Pre-hab joint mobilization targeting injury specific areas based on position demands
- 2x a week manual treatments for all athletes
- 3x a week manual treatments for injured athletes (post surgical, major joint/muscular/neuro injuries)

MODALITIES

Modalities are any instrument or tool used for therapy outside of manual (direct hands-on) techniques. Modalities that will be used are:

- US/Estim
- Shockwave
- H-Wave
- IASTM (i.e. Graston, Fibroblaster)
- K-tape
- Cupping
- Joint mobilization
- Normatecs
- HyperVolt myofascial release instruments

CHIROPRACTIC

Chiropractic care will be utilized to complement and bring the orthopedic care full circle with the physical therapy. Our DC will focus on adjustment-based treatment with both spinal and peripheral joint treatments.

- Full spine evaluation
- 2x a week adjustments/treatments for all athletes

DRY NEEDLING

Dry needling/acupuncture has tremendous benefits for athletes, including decreased fascial & muscular restrictions allowing increased power and strength output at end ranges, decrease in pain, and increased blood flow while decreasing time from injury to back to sport.

RECOVERY ROOM

- Infrared sauna
- Cold & hot tub plunges
- Normatec
- Anti-gravity recliners
- Hyperice
- Hypervolt
- Kelvi contrast unit

PROVEN SYSTEMS.

FOUNDER

BOBBY STROUPE

Bobby Stroupe is the Founder of ATHLETE Performance Enhancement Center (APEC). Coach Stroupe has directed human performance systems for over 20 years while expanding his influence as an author, consultant, 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 1st round picks, Super Bowl and World Series champions. Stroupe and team currently support over 100 athletes in the NFL and MLB alone. Among many accomplishments by his athletes, Bobby has been credited with supporting arguably some of the best in the game of baseball and football including NFL MVP Patrick Mahomes. Coach Stroupe has been featured as a top trainer for multiple sports and athletic performances on ESPN, 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.

As an entrepreneur, Stroupe and team built APEC from a grass field in 2005 to today, a worldwide training leader in human performance. Bobby serves as the president for APEC, making strategic decisions, designing training systems, and guiding an elite team of coaches that power two locations (Tyler, Fort Worth). 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 RSCC*D by the NSCA due to 10+ years of demonstrating high standards and professional practice.

CREDENTIALS / CERTIFICATIONS / EDUCATION

- Registered Strength and Conditioning Coach with *Distinction (RSCC*D) – NSCA
- Fellow of Applied Functional Science (FAFS) – Gray Institute
- Functional Manual Reaction Therapy (FMR) – Gray Institute
- B.S. in Health, Physical Education, and Recreation – SOSU
- Performance Enhancement Specialist (PES) – National Academy of Sports Medicine
- Certified Strength and Conditioning Specialist (CSCS) – NSCA
- Corrective Exercise Specialist (CES) – National Academy of Sports Medicine
- Olympic Sports Performance – USA Weightlifting
- Pose Method® Certified (POSE TECH) – Dr. Romanov Olympic Speed Coach
- SAQI Senior Level Instructor (Speed, Agility, Quickness)
- Advanced Strength and Power Certification – Dr. Dan Baker
- Apprentice Coach for Altis (Dan Pfaff Olympic development program)
- Applied Neuroscience of Peak Performance Certification (Sports Psychology)
- Performance Specialist Certification – XPS
- Tactical Training Systems Certification – TTS
- Physical Fitness Specialist – The Cooper Institute
- Primal 7

CEO

CHRIS HERRERA

PROFESSIONAL EXPERIENCE

Chris comes from a long career of high performance and sports medicine achievements. He started his professional career in 2003 when he graduated with his Doctorate degree in physical therapy from the University of Miami. He founded Jaguar Therapeutics in 2007 where he spent 15 years as the CEO and head physical therapist. By combining his business background with his vision of physical medicine, he took a fragmented outpatient system and created a true multidisciplinary environment. By bringing together physical therapy, chiropractic, acupuncture, massage, physiological testing and engineering it with strength and conditioning and skills coaching, the ultimate environment has been created for anyone aiming to achieve their goals. Under these principles, he treated and rehabbed some of the best professional and non-professional athletes in Miami and across the United States.

During this time, Chris also spent 8 years with the USA sailing team. He was the head strength and conditioning coach and assistant physical therapist from 2009–2014. His role grew into the head physical therapist and Medical Director positions from 2012–2016 where he represented the USA as the team physical therapist at the 2012 London Olympics.

Through Jaguar Therapeutics, Chris has served as the medical director and treated as a physical therapist with Pete Bommarito at Bommarito Performance Systems from 2010–2015, Fitspeed with Matt Gates from 2015–2017, XPE with Matt Gates and Tony Villani from 2018–2023, and now APEC from 2022–current. Through these programs he has been a leader in transitioning over 550 college football players into the professional ranks. During this same period, Chris has also directed and treated over 300 professional NFL players during their offseason.

As the CEO of APEC the past 2 years, Chris has worked closely with APEC Founder Bobby Stroupe in growing and expanding APEC's top training program into the multidisciplinary model intertwining top training with comprehensive physical medicine. Chris has traveled around the US, bringing operations efficiency and his medical/training system to numerous APEC affiliate sites.

EDUCATION

Chris graduated from Eastern Illinois University in 2003 with a Bachelor of Science in Business Management. He continued his education at the University of Miami, graduating with his Doctorate degree in Physical Therapy in 2007. Since then he has achieved his Certified Strength and Conditioning Specialist (CSCS), United States Olympic Weightlifting Club Coach (USAW), and Master Dry Needling Certification (MDNC). Over the past year Chris has also started his Doctorate in Chiropractic at Parker University in Dallas, Texas.

PERSONAL

Originally from Peoria, IL, Chris attended Macomb High School where he was a dual sport athlete excelling in baseball and basketball. He played basketball at Eastern Illinois University, helping the team to an OVC tournament championship and berth in the NCAA tournament in 2001. He spent 20 years in Miami where he started his family. Chris is married and has 3 daughters and 1 son. Since purchasing APEC and taking on the role of CEO, Chris and his family relocated to Dallas, Texas and are enjoying this new chapter in their lives.

PRESIDENT

BRANDON STROUPE

Brandon was born in Tyler and was raised in north Texas. While attending Pilot Point High School, Brandon played football for the all-time winningest coach in Texas high school football history. After high school, Brandon graduated from Texas A&M University with honors in Speech Communications with a minor in Interdisciplinary Business from Mays Business School.

In the summers of college (2008–2012), Brandon worked at APEC as a speed coach at various local high schools in the Tyler area. He then moved to the Fort Worth area upon graduation to work in the banking industry as a branch manager.

In 2017, Brandon came to work at APEC in an operations role in Fort Worth. In the years since, Brandon has worked on marketing, operations, graphic design, agent relations, pro player relations, management, and more. He oversaw the development of the APEC app and the migration during COVID to offer digital solutions to keep APEC thriving. This is Brandon's 8th NFL Prep season.

YOUR POINT OF CONTACT

Brandon is the one-stop shop for logistics and will help athletes with whatever they need to be comfortable and ready for training every day.

OUR TEAM

SPEED

KEVIN WAITE JR.

A Hartford, Connecticut native, Kevin was a football and track & field athlete at the University of Connecticut, where he earned his undergraduate degree. Now in his **8th year of Pre-Draft training**, Kevin is sought out as a **world-renowned speed coach**.

Kevin has coached across the country, working with NFL, NBA, NCAA, and elite youth athletes, and he keeps sharpening his craft through continuing education well beyond his academic tenure. His athletes have run 4.2 40-yard dashes and broad jumped over 12 feet.

His ability to connect with athletes and get the most out of their ability is second to none.

BY THE NUMBERS

8	4.24	12'2"
YEARS OF PRE-DRAFT EXPERIENCE	TOP 40-YARD DASH	TOP BROAD JUMP

KEY ACCOLADES

16	4	8	6
SUPER BOWL CHAMPIONS	ALL-PROS	PRO BOWLERS	FIRST ROUNDERS

SPEED IN ACTION

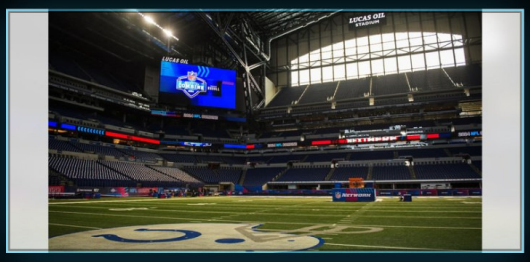
COACHED ACROSS THE COUNTRY.

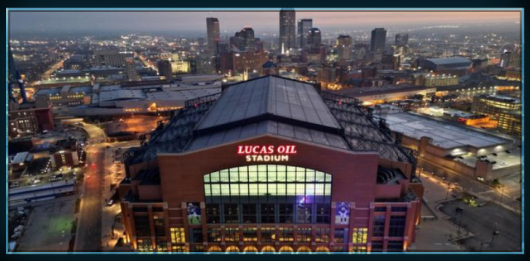
8 years of Pre-Draft experience. Athletes running 4.2 40-yard dashes and broad jumping over 12 feet.

HIS ABILITY TO CONNECT AND GET THE MOST OUT OF AN ATHLETE'S ABILITY IS SECOND TO NONE.

NFL SCOUTING COMBINE

APEC provides a full team with coaches, therapists, and logistics coordinators to give our NFL Combine athletes the best chance at performing at their peak in Indianapolis.





COMBINE HIGHLIGHTS

#1

Highest OL vertical in Combine history

#2

2nd longest broad jump recorded in Combine history

TOP 10

Top 10 event finishes in a category for every athlete

PLAYER FOCUSED.

QB TRAINING

X FACTOR

- Comprehensive throwing system
- Personalized throwing program
- QB specific performance testing/training

TEST PREP

- Personalized talent IDs
- Position specific drill preparation
- Personalized biomechanical techniques

QB SPEED

- Trunk/arm speed evaluation & training
- Position-specific speed development
- Throwing force/velocity profiling

QB POWER

- Rotational power enhancement
- Throwing specific power development
- Measurable improvements in rate of force development

QB STRENGTH

- Positional based training needs
- Measurable increases in maximal force production
- Pattern stability training for throwers

For QBs, APEC makes recommendations personally on skills coaching.

APEC ATHLETE

PATRICK MAHOMES II

KANSAS CITY CHIEFS

RB TRAINING

X FACTOR

- Multi-directional acceleration
- Foot/ankle optimization protocols
- Positional skill development

TEST PREP

- Comprehensive speed training/coaching
- Testing film analysis
- Personalized biomechanical techniques

RB SPEED

- Top rated facility in 5 and 10 yard split improvements
- Average north of .35 sec improvements in 40 yard splits with every class since our first class in 2017

RB POWER

- Multi-directional power for position specific expression
- Vertical/broad jump training system
- Multiple combine top performances in both jump categories

RB STRENGTH

- Improvements in maximal force production
- Hypertrophy/lean tissue development
- Improved body composition

RB SKILL COACH

JOSH HICKS

3 Hunnid Fitness was founded by Josh Hicks in 2015 to train the next generation of running backs and tailbacks in Dallas, Texas. After a successful high school career where he was named TAPPS Mr. Football in the state of Texas in 2007, Josh took his talents to Purdue University on a scholarship. Following college, after multiple successful runs in professional leagues throughout the US, Josh began the next phase of his career—helping athletes of all kinds achieve their goals.

APEC ATHLETE

RICO DOWDLE

CAROLINA PANTHERS

WR/TE TRAINING

X FACTOR

- Multi-directional acceleration
- Foot/ankle optimization protocols
- Positional skill development

TEST PREP

- Comprehensive speed training/coaching
- Testing film analysis
- Personalized biomechanical techniques

WR SPEED

- Top rated facility in 5 and 10 yard split improvements
- Average north of .35 sec improvements in 40 yard splits with every class since our first class in 2017

WR POWER

- Multi-directional power for position specific expression
- Vertical/broad jump training system
- Multiple combine top performances in both jump categories

WR STRENGTH

- Improvements in maximal force production
- Hypertrophy/lean tissue development (as high as 20 lb improvements in lean mass in 8 weeks)
- Improved body composition (over 10% decreases in body fat in 8 weeks)

WR/TE SKILL COACH

DAVID ROBINSON

D-Rob Always Open. D-Rob played football at the University of Oklahoma where he won the Derick Shepard Award. He also played in two national championships and three Big 12 championships, coached by the legendary Bob Stoops. He later finished his career at the University of South Dakota where he was an All-Conference receiver as well as an All-American track athlete, placing third in the 60 meter at the indoor national championships. D-Rob has had 56 players drafted in the NFL, with 9 of those going in the 1st round. D-Rob is the premier WR coach in the country!

APEC ATHLETE

KAVONTAE TURPIN

DALLAS COWBOYS

OL TRAINING

X FACTOR

- Reactive multi-direction footwork
- Specialized wrist, elbow, and shoulder health protocols
- Positional skill development

TEST PREP

- Comprehensive speed training/coaching
- Testing film analysis
- Personalized biomechanical techniques

OL SPEED

- Top rated facility in 5 and 10 yard split improvements
- Average north of .35 sec improvements in 40 yard splits with every class since our first class in 2017

OL POWER

- Multi-directional power for position specific expression
- Vertical/broad jump training system
- Highest vertical jump ever recorded by an OL at the Combine (38.5 inches)

OL STRENGTH

- Averaged a 10 rep improvement on the 225 rep test, with an OL best improvement of 11 reps in 2024
- Hypertrophy/lean tissue development (as high as 20 lb improvements in lean mass in 8 weeks)
- Improved body composition (over 10% decreases in body fat in 8 weeks)

OL SKILL COACHING

LANE TAYLOR

Lane Taylor played nine seasons in the NFL, including 8 seasons with the Green Bay Packers and his final season with the Houston Texans. Before his NFL career, Lane was a 4-year starter and team captain at Oklahoma State. After entering the NFL as an undrafted free agent in 2013, Lane earned a starting role for Green Bay and became a veteran leader on the Packers offensive line. Today, Lane uses his NFL experience and expertise in offensive line play, combine preparation, and player development to help athletes build the technique, strength, confidence, and mindset ne[illegible] compete at the next level.

APEC ATHLETE

JED WILLS

CLEVELAND BROWNS

DL TRAINING

X FACTOR

- Reactive multi-direction acceleration
- Specialized wrist, elbow, and shoulder health protocols
- Positional skill development

TEST PREP

- Comprehensive speed training/coaching
- Testing film analysis
- Personalized biomechanical techniques

DL SPEED

- Top rated facility in 5 and 10 yard split improvements
- Average north of .35 sec improvements in 40 yard splits with every class since our first class in 2017

DL POWER

- Multi-directional power for position specific expression
- Vertical/broad jump training system

DL STRENGTH

- Averaged a 10 rep improvement in the 225 rep test in 2024
- Hypertrophy/lean tissue development (as high as 20 lb improvements in lean mass in 8 weeks)
- Improved body composition (over 10% decreases in body fat in 8 weeks)

DL SKILL COACHING

BRANDON TUCKER

Coach Tucker is a defensive line player development specialist and consultant. In his 15+ years of experience, he has developed hundreds of defensive linemen. As a professional player development specialist, he has supported over 25 defensive linemen and linebackers for the NFL Combine over the last 8 years. His training program and curriculum is based on a platform he developed called “The 3 W Training System.” The 3 W’s stand for “What to do,” “When to do it,” and “Why to do it.” Coach has trained multiple first round picks in his experience in pre-draft training.

APEC ATHLETE

SCOTT MATLOCK

LOS ANGELES CHARGERS

LB/DB TRAINING

X FACTOR

- Reactive change of direction and agility training
- Specialized foot and ankle health protocols
- Positional skill development

TEST PREP

- Comprehensive speed training/coaching
- Testing film analysis
- Personalized biomechanical techniques

LB/DB SPEED

- Top rated facility in 5 and 10 yard split improvements
- Average north of .35 sec improvements in 40 yard splits with every class since our first class in 2017

LB/DB POWER

- Multi-directional power for position specific expression
- Vertical/broad jump training system
- Multiple combine top performances in both jump categories

LB/DB STRENGTH

- Averaged a 10 rep improvement in the 225 rep test, with a DB best improvement of 15 reps in 2025
- Hypertrophy/lean tissue development (as high as 20 lb improvements in lean mass in 8 weeks)
- Improved body composition (over 10% decreases in body fat in 8 weeks)

LB/DB SKILL COACHING

CLAY MACK

Clay Mack is an athletic skill consultant specializing in functional movement, kinetics, and biomechanics for defensive backs and linebackers. His innovative, applied science approach to movement is trendsetting and adaptable, no matter the sport or position. Clay has been sought after to work with multiple high profile athletes throughout the country. While he has worked with multiple first round draft picks, Pro Bowlers, and Super Bowl champs, he also trains athletes who are not as highly touted to further develop skills for the next level.

APEC ATHLETE

REED BLANKENSHIP

PHILADELPHIA EAGLES

WHO'S NEXT?

APEC

ELECTRIC RESULTS. PROVEN SYSTEMS. PLAYER FOCUSED.

APEC

PRICING

FULL PROGRAM

$11,000

TRAINING

- Fully staffed morning and evening training sessions
- Comprehensive screening, assessments, and exams
- Daily film analysis on skills and drills
- Skill coaching
- Individually tailored tapers and peak performance plans
- On-site combine team

NUTRITION

- Fully covered NSF certified supplementation
- Personalized body transformation plan and monitoring
- Comprehensive meetings/consulting with world renowned registered sports dietitian Jill Lane
- Choose your own personal menu with Chef Dre's Meals, includes delivery

MEDICAL

APEC has bolstered and enhanced our Medical program, making it the most comprehensive, well-rounded Medical Program in the country. We have in-house Physical Therapists, Chiropractors, and Acupuncturists working daily with our athletes. Our team has over 12 years of combine prep experience and has worked with over 300 players specifically training for the combine. We focus on detailed musculoskeletal examination, multidisciplinary plan of care, and consistent treatment on current injuries while programming their treatment with our strength and conditioning staff to prevent injuries with both table work and corrective exercises. When putting this together with our state of the art Recovery Room, there isn't a program that can match our structure and service.

GEAR

- Exclusive APEC team gear

ACCOUNTABILITY

- Detailed, weekly progress reports
- Personal, professional photos and branding

ELECTRIC RESULTS. PROVEN SYSTEMS. PLAYER FOCUSED.

APEC

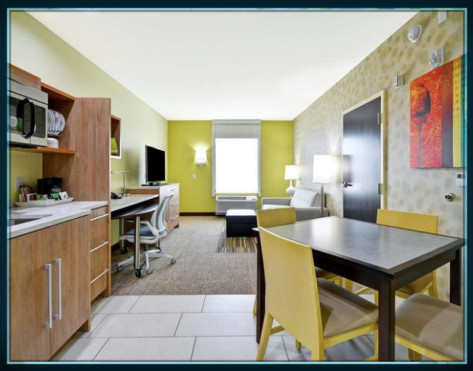
HOUSING OPTIONS

CORPORATE HOUSING

Corporate housing options provide the most home-like experience: fully furnished apartments in nice areas of Fort Worth. Properties include Trinity Bluff, The Kelton, The Franklin, and Rocklyn.

APEC

HOUSING OPTIONS

EXTENDED-STAY HOTEL · $73 PER NIGHT

- Upper-midscale, smoke-free, all-suite, extended-stay hotel
- Near Hulen Mall and I-20
- 3 floors, 93 studio and 1-bedroom suites – elevator
- Heated indoor swimming pool – exercise room
- Kitchen in every suite
- Free continental breakfast
- Free WiFi
- Free parking
- Pet friendly – allows pets up to 40 pounds ($75 per stay fee for each pet)
- 10 miles from facility