



Xplode Sports Training Mission Statement

We will provide an all-encompassing program dedicated to the development of an athlete's power, quickness and speed. This will be obtained through Xplode Sports Training staff's tireless effort to assist in the athlete's maximum potential.

We will continually update our training, equipment and programs to keep us on the cutting-edge and assure our athletes, they will receive the most effective sports training available.

Our environment will lead itself to open communication and learning resulting in athletes that are knowledgeable about training and their limitations. This awareness will allow them to continue to excel not only as an athlete but also as a person.

We will base our success on the relationships we develop with our athletes, parents and coaches throughout our local and surrounding communities. It is these relationships that will ensure athletic and business success.

Philosophy

The primary goal of Xplode Sports Training program is to eliminate athletic injuries both on and off the competitive stage, while improving athletic performance during off-season, pre-season, season and post-season training. This is accomplished by preparing the athlete for the demands of their sport. An effective training program will improve joint stability and range of motion, increase muscular strength and power, enhance biomechanics and bring efficiency to an athlete's energy system.

Get The Winning Edge!

In today's competitive athletic world you need a winning edge - you need speed, agility, power and strength. That's what the Xplode Sports Training Programs deliver. From young, developing athletes and peak performing professionals, to recreational "weekend warriors", everyone can benefit from *Xplode* training.

We have many unique protocols developed to enhance overall athletic performance and specifically target improvements in: • Agility and balance • Power and quickness • Strength and stamina • Neuromuscular coordination

Desire, Character, Pride, Belief, Determination, Heart



Xplode Programs:

High-speed Woodway Treadmill Training: Completing the running program helps athletes achieve increased maximum sprint speed, anaerobic endurance, improved sprinting biomechanics, increased aerobic base for long-distance running, increased body balance and awareness, improved body composition and enhanced self-esteem, all contribute to speed, endurance and overall athletic success. By adjusting interval time, speed and incline level on the treadmill, the two major components associated with running faster, stride length and stride frequency are developed.

Plyometrics: The plyometric program is designed to help you improve your power, quickness, coordination, core stability, balance and awareness of your body position through multi-directional exercises.

Ground Based Training: This training protocol follows a systematic progression of exercises that proceeds from basic balance and movement skills, through advanced running, sprinting, jumping and multi-directional skills. It can also be tailored to an athlete's individual sport.

Maintenance Program: The maintenance program allows athletes who have completed any of our training programs the ability to maintain the conditioning they have already achieved.

Xplode Speed & Agility

Speed and agility is sport-specific training that is designed to improve an athlete's first-step (acceleration), stride length, rate and frequency, sprint endurance, form and technique. As an athlete improves on their speed, specific movement patterns are taught to improve agility. As an athlete learns to anticipate static agility drills, on demand drills are implemented requiring the athlete to perform movements on command.

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Xplode's Training Principles

Sports Specific- Training designed to challenge athletes' to perform specific movements and movement patterns safely and efficiently to develop the appropriate energy systems; and promote muscular adaptations that lead to superior sport performance.

Ground Based Movements - Most sport skills are initiated by applying force against the ground. The more force an athlete can apply against the ground, the faster they will accelerate, the higher they will jump and the more effective they will be in sport. Xplode sports performance programs are designed to enhance force production.

Periodization - Periodization is the process of varying a training program at regular intervals to bring about optimal gains in physical performance. Using periodization, a competitive athlete is able to be at peak physical performance at a point in time, such as a major competition. The same concept works if your goal is overall health and fitness. You can maximize your results in less time!

Specificity - Training of the right frequency, duration, overload, volume and sequence to achieve the desired level of athleticism. Overload - Overloading stimulates the muscle more than it is accustomed to in order to increase size and strength.

Progression - Progression is consistently changing an active muscles resistance to achieve overload.

Arrangement - Each athlete's program is specifically designed to meet his or her specific goals. By designing a program that is sport, age and gender specific an athletes the ability to achieve their maximum potential. Xplode training program will improve joint stability and range of motion, increase muscular strength and power, enhance biomechanics and bring efficiency to an athlete's energy system.

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