Press Release

[Apex Athletic Performance](https://www.apexathletics.com/) and [Test and Train Sports](http://www.testandtrainsports.com) are excited to announce a joint venture producing specialty events and programs for the developmental benefit of committed athletes. Today’s athlete needs the best resources possible to compete at the highest level, which requires proper long-term development planning and implementation. No stone can be left unturned and every aspect of the athlete’s development process must be considered.

Apex Athletic Performance provides first class sports performance services, focusing on strategically developing athletes based on sport-specific skills and individual needs. Not only are the facilities first class, but the coaching is top notch. Apex is a part of the Prisma Healthcare system and enjoys the resources and relationships with nationally known orthopedic doctors, physical therapists, occupational therapists, sports trainers, nutrition experts and sport science professionals. Two Apex locations in Lexington, SC and Columbia, SC provide the environments necessary for professional instruction to ensure the proper growth and development for all athletes.

Test and Train Sports provides services to committed athletes who want assurance they are investing their time and money into areas that offer long term benefits. Athletes will be able to engage in the use of a sophisticated Athlete Management System, which will guide their athletic journey and the interactions of stakeholders along the way. The digital athletic profile empowers the athlete along their journey to become the best.

Test and Train Sports and Apex Athletic Performance partnered together to provide services to community members by offering specialized services not typically available to the public at an affordable cost. The integration of a workflow that easily digests the amateur, college, and professional athlete provides the ability for pre-season, in-season, and post-season training no matter the sport. Ongoing daily support and resources will now be affordable and available to athletes who can attend training and development sessions at one of the Apex locations and/or from a virtual connection.

Test and Train Sports will act as the liaison for athletes to identify what the next steps are in their athletic journey. Interested athletes will complete an athletic assessment to benchmark their current progress. The assessments are completed at one of the Apex locations in the MAP LAB with a Sports Science Expert. Once athletes are tested, they will establish a digital athletic profile, which captures every step of the athlete’s journey in real-time to make available for stakeholders. This functionality maximizes the benefits of training, as well as insures the proper training of individual athletes. A Mental MRI provides valuable mental game information, including approach to training, developing and competing.

Immediately after testing athletes will review the testing matrix provided by Test and Train Sports to see how they compete against top athletes in the country. Each athlete will receive a written evaluation considering every aspect of the athlete’s overall health, technique, skill execution, strength development, mobility, sequence, and timing. More Info

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