

# SERVICES

- Boot Camps
- Athletic Objective Skills and Strength Testing
- Specialized Programming for In-season, Pre-season, Post-season and Off-season
- Acceleration, Agility, Speed and Strength Camps
- Athletic Training Services for your Team or Club
- Scholarship Prep
- College Recruitment Exposure Combines
- Functional Movement Screens
- Selective Functional Movement Assessments
- Presentations to your Team or Club on various training topics
- Rehabilitation and/or referral services for injured athletes



**Dr. David Eric Boll, DC, CKTP, NASM-PES**  
Apex Athletic Performance and Rehabilitation

## Address

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FACEBOOK AND TWITTER!**



Apex Athletic Performance  
and Rehabilitation



ApexAthletic

**ApexAthleticPerformance.com**



# APEX ATHLETIC PERFORMANCE



**EASTERN WISCONSIN'S ATHLETIC  
PERFORMANCE SPECIALISTS**

Individual, Small Group and Team training  
for athletes of all ages and abilities.



**No Membership Fees! No Monthly Fees! No joining fees! You only pay for the sessions you take!**



All the necessary skills that transfer over to all sports are coached and drilled through our athletic skills development sessions and camps. We train how to improve:

<b>Sprinting</b>	<b>Cross-over moves</b>
<b>Jumping</b>	<b>Striking</b>
<b>Shuffling</b>	<b>Pushing</b>
<b>Cutting</b>	<b>Pulling</b>
<b>Hopping</b>	<b>Overhead arm movements</b>

These athletic movements translate to every sport and activity you do. We will do sports specific training and camps, but primarily, we work with the basic athletic skills to allow you to improve in your sport and your day to day activities.

In athletic competition, the limiting factor is commonly the athlete themselves. Many athletes focus more on their equipment rather than on getting those last few percentiles of performance out of their body. Apex Athletic Performance is a specialist service available to sporting teams, training studios, community athletic programs and scholastic athletic programs developed by Dr. David Eric Boll to screen, evaluate, train and rehabilitate athletes, from amateur to professional.

Apex Athletic Performance is an independent contractor service for your facility and can be an extra bonus for your club, members, program or school.

We offer locations in Adell and Batavia to serve all of Sheboygan, Ozaukee, Fond Du Lac, Calumet and Washington Counties.

We do personalized strength and functional training at our Highland St. location in Adell.

Outdoor personal, small group and team training sessions are located at the Adell Village Park. Individual, small group and team training sessions are located at our Batavia location year round.

### **Adell**

251 Highland St. or at the Adell Village Park (corner of Adell Ave and Neugent St.)

### **Batavia**

W7140 School Drive  
(inside the former Batavia Elementary School)

We are also mobile and can come to you for your team, facility or club's training needs.



**David Boll, D.C.,  
CKTP, NASM-PES**  
Owner and Head  
Athletic Performance  
Coach of Apex Athletic  
Performance and  
Rehabilitation

Dr. Boll is certified as a Performance Enhancement Specialist from the National Academy of Sports Medicine (NASM-PES) and as a therapeutic tape/Kinesiotape practitioner (CKTP) along with being licensed as a Doctor of Chiropractic.

He works with professional and recreational athletes in the areas of football, soccer, rugby, hockey, baseball, fast pitch softball, volleyball, cycling, basketball, running, cross country skiing, and wrestling. Along with amateur athletes, Dr. Boll has worked with NFL players, WWE performers and many champions in motorsports, to include World and National Champions in motorcycle road racing. He currently is an athletic performance coach, strength and conditioning coach, trainer and physio for numerous teams and club sports organizations throughout Wisconsin and locally helps athletes of all levels to naturally maximize their physical sporting potential. He has training clients from California to England that rely on his coaching and input.

