

Athletic Republic is the culmination of over 20 years of research and relentlessness, where thousands of athletes have benefited from our performance sports training programs to gain more than just a step on the competition. To bring clarity to our capabilities the following is a summary of **Athletic Republic by the numbers.**

0.2 - 0.4 The seconds the average athlete improves in the 40 yard dash after 24 sessions / 8 weeks of Athletic Republic training

4 The number of inches of increased vertical jump height the average athlete realizes after a 24 sessions / 8 weeks of Athletic Republic training

6 The number of patents issued to Athletic Republic for new product innovation

16 The median age of athletes trained in Athletic Republic centers during 2010

37 The average number of annual visits an athlete makes to an Athletic Republic center

56 The number of peer-reviewed sports science journal publications in which Athletic Republic's testing technology or training system has been used to conduct research

155 The number of performance sports training centers in the Athletic Republic network - including locations in the United States, Canada, Japan, the UK and Russia

478 The number of National Hockey League players who have trained with certified performance sports trainers in Athletic Republic centers

2007 The year the company changed its brand name from Frappier Acceleration Sports Training to Athletic Republic

4,000 The number of pages of proprietary science-based training protocols used to help athletes, from pee-wee to pro, develop a competitive advantage

800,000 The number of athletes who have trained in Athletic Republic centers since the company was founded in Fargo, North Dakota by John Frappier in 1990

3,500,000 The dollar value of college scholarships awarded to athletes training in Athletic Republic centers over the past five years