



**INTELLIGENT
TRAINING:
JUST
ADD
WATER**



MISSION STATEMENT:

The mission of AQx Sports is to provide aquatic-related innovative educational training, conditioning, and rehabilitation opportunities through the use of scientifically sound and experientially proven methods and products.

Selected Coaches, Physical Therapists, Sports Medicine Physicians, Athletic Training staffs, Elite Runners and Running Legends, National and International level Track and Field Athletes, and Professional Athletes Who Train and/or rehabilitate with AQx Aquatic Training Gear



Nike, Inc. has been offering AQx "intelligent training: just add water"[™] classes for their employees and families at the Lance Armstrong Pool on the Beaverton, OR campus since August of 2008.

Selected Coaches, Elite Runners and Running Legends, National and International level Track and Field Athletes, and Triathletes:



Alan Webb: US High School Mile record holder; world-class middle distance runner; recently purchased his second pair of AQx Aquatic Training Shoes.

Jim Ryun: Former US High School and Open Mile record holder; Olympic Medalist, one of the all-time best middle distance runners in the US and the world

Alberto Salazar: Former World-record holder in the marathon, one of the best US distance runners of all-time; Uses our shoes on his HydroWorx Underwater Treadmill for training

Josh Rohatinsky: 2006 NCAA Cross Country Champion while competing for BYU, currently trains with Alberto Salazar and competes for the Nike Oregon Project; has used our shoes while at BYU and here for rehabilitation from stress fractures

Bill Rodgers: 4 time Boston Marathon Winner

"As an older runner, I've begun cross-training more than when I was in my 20's or 30's and the AQx Aquatic Training Shoes allow for the closest thing to 'Real Running.' Coming back from injury they allow you to utilize water recovery in a whole new way; different from just using a water belt." - Bill Rodgers

Marcus O'Sullivan: Former world-class 1500m runner and current coach of Villanova University

Dathan Ritzenhein: 2008 US Olympian in the marathon

Brad Hudson: Club Coach considered to be one of the best in the US.

Lornah Kiplagat: Currently holds 4 world records on the roads; has been using our gear for 3 years

Pieter Langerhorst: former world-class triathlete and Global Marketing Director for Saucony; husband and manager for Lornah Kiplagat



Ed Eyestone: 2 x US Olympian, former NCAA CC and 10K Champion, Runner's World Writer, Men's CC and T&F Coach at BYU; M.S. degree in Exercise Physiology and completed a thesis on running in deep-water.

"My runners have used the AQx Aquatic Training Shoes for both deepwater running and running on the underwater treadmill. I like the shoe for deepwater running as it provides extra resistance and helps keep the runners in more of a natural running position. The shoe is also great for running on the underwater treadmill as it protects the bottom of the foot and adds cushioning for those runners recovering from overuse injuries." - Ed Eyestone

Michellie Jones: Olympic Silver Medalist in the Triathlon; has used our gear for the last 2 years with a high degree of success and credits that use for expediting her injury rehabilitation after a horrific accident

Tiombe Hurd : American Record Holder in the Triple Jump

Dwight Stones: NBC T&F Announcer and Commentator; Former World-Record Holder in the High Jump, Olympic medalist

Mike Powell: World Record Holder in the Long Jump

Willie Banks: Former World Record Holder in the Triple Jump; wants to help us to open the market in Japan

Ric Rojas: Boulder boulder Road Race winner; former world-class runner and NIKE executive

Shakeema Welch: 2nd place in triple jump at the 2008 Olympic Trials

Bryan Clay: Olympic Silver and Gold Medalist and World Champion Decathlete

Kevin Reid: Head T&F Coach, Asuza Pacific University; Coach of Bryan Clay and of former Decathlete, Olympic Bronze Medalist Dave Johnson

Tom Pappas: 3 x US Olympian in the Decathlon

John Godina: 2 x US Olympian in the Shot Put and Discus

Ken Flax: US Olympian and U of O School Record Holder in the Hammer Throw

Randy Huntington: Coach of several world-class track and field athletes including Mike Powell

Joanna Hayes: Olympic Gold Medalist in the 100H

Alice Schmidt: ranked #1 800m runner in US in 2008

Lolo Jones: Ranked as the #1 100H in the World in 2008

Hyleas Fountain: 2008 US Olympic Trials Champion in the Heptathlon setting 3 American Records; Olympic Silver Medalist

Kimbia Running Group: A group of World-Class Kenyan distance runners and Road Racers

Matt Scherer: National caliber 800m runner for Nike Oregon Track Club; Also is an AQx Approved Instructor

Catherina McTiernan: 3 x World Cross Country Championships silver medalist from Ireland; Also is an AQx Approved Instructor

Dennis Mitchell: Former World-Class Sprinter and Olympic Medalist; currently trains the HS 100m record holder

Meb Keflezighi: US Olympic Silver Medalist in the Marathon

Ron Tabb: Only marathoner to run under 2:10 on 5 continents!

Dedy Cooper: US Olympian in the 110 hurdles

Elijah Greer: The top ranked 800m in the US in 2008 and 2009



In the US

Alex Rodriguez: New York Yankees, World Series Champion, two-time Gold Glove Award winner, three-time American League MVP

TyRon Warren: New England Patriots

David D Thornton: Tennessee Titans

Andrew Ference: Boston Bruins

Jason Spezza: Ottawa Senators

Shawn Horcoff: Edmonton Oilers

Chuck Kobasew: Minnesota Wild

Haley Wickenheiser: Three time Olympic Gold Medalist, known as the “best female hockey player in the world”

Patrick Chan: Canadian Olympic Figure Skater, 2008-2010 Canadian Figure Skating Champion

Tiger Woods: One of the BEST golfers of all-time; used our gear to rehabilitate from knee surgery and stress fractures

Peyton Manning: One of the top quarterbacks of all-time; uses our gear to rehabilitate

Greg Oden: #1 Draft choice for the Blazers; used our gear and my training to assist with his rehabilitation process for microfracture surgery

Channing Frye: Blazer currently using our gear and training as part of his athletic conditioning

Yao Ming: Houston Rocket using our gear to assist with his rehabilitation process

Tracy McGrady: help with his conditioning

Grant Hill: purchased our gear online to help with his conditioning

Tim Grover: considered one of the top basketball trainers in the US (really likes the concept)

Jacoby Ellsbury: using our gear and training as part of his athletic conditioning for the World Champion Boston Red Sox; on pace to break Red Sox team stolen base record

Derek Anderson: using our gear and training as part of his athletic conditioning for the Cleveland Browns

Fred Jones: NBA 6yr vet and 2004 NBA Slam Dunk Contest winner is using our gear and training as part of his athletic conditioning

Tim Day: NFL Cincinnati Bengals TE is using our gear and training as part of his athletic conditioning

Derrick Devine: NFL Washington Redskins QB is using our gear and training as part of his athletic conditioning

Derrin Hearsink: NFL Miami Dolphins OL is using our gear and training as part of his athletic conditioning

Dara Torres: 5-time Olympic swimmer, 12-time Olympic medalist using our gear for knee rehabilitation and athletic conditioning

Some U.S. university and professional teams/programs training with AQx products include:



NCAA Customers

Brigham Young University
Brown University
Duke University
Oregon State University
Rutgers University
University of Arizona
University of Connecticut
University of Florida
University of North Carolina
University of Oregon
University of Southern Florida
Gonzaga University
Wake Forest University
University of Kentucky

NBA Customers

Atlanta Hawks
Boston Celtics
Cleveland Cavaliers
Memphis Grizzlies
New Jersey Nets
Phoenix Suns
Portland Trailblazers
Utah Jazz
Minnesota Timberwolves
Charlotte Bobcats
Milwaukee Bucks
Houston Rockets

NFL Customers

Cincinnati Bengals
Cleveland Browns
Jacksonville Jaguars
New England Patriots
Philadelphia Eagles
San Diego Chargers
Pittsburgh Steelers
Tennessee Titans
Green Bay Packers
Denver Broncos
New Orleans Saints
New York Giants
Houston Texans

Athletic and Sports Medicine Professionals who use AQx:

Dr. Mark Lindsay, D.C.: World-renowned chiropractor and soft tissue specialist; one of the most sought after therapists amongst NHL, NFL, MLB, professional, world and Olympic athletes.

Andy O'Brien: Director of Strength and Conditioning, National Hockey Institute

Jon Ishop: Athletic Trainer, Houston Texans

Mike Allen, PT, ATC, CSCS: Director of Rehabilitation, Steadman-Hawkins Clinic Denver; has worked with the Denver Broncos and remains on the Colorado Rockies medical staff.

Guido Van Ryssegem, MS, ATC, CSCS, NBF, RN: Practiced for the Kansas City Royals, Texas Rangers and the Baltimore Orioles.

Mike Nilson: Head Strength and Conditioning coach, Gonzaga University, former WCC Defensive BB Player of the year

Dena Evans: Point Guard College Owner and Director; former NCAA first team all-american, Pomeroy Player of the Year Award winner using our gear and training as part of her athletic conditioning

Bill Knowles: Tiger Woods' & Peyton Manning's athletic trainer

Bob Williams: Coach of many top level runners

Vern Gambetta: widely known speed development specialist

Dr. Tim DeFrancesco: Physical Therapist and AQx Approved Master Trainer who uses AQx with several basketball players on an underwater treadmill with his TD Athlete's Edge company

Dr. Heike McNeil: Ph.D. in Chemistry and Head Cross Country and Track and Field Coach at Northwest Christian University

Pepper Burress: Green Bay Packers Athletic Trainer

Dr. Robyn Dreibelbus, D.O.: Team Physician, Linfield College

Dr. Greg Strum, M.D., Orthopedic Surgeon

Dr. Ken Schmidt, M.D.

European Teams, Athletes, etc:

Premier League Football clubs using the AQx gear now:

Liverpool FC
 Chelsea FC
 Arsenal FC
 Blackburn Rovers FC
 Aston Villa FC
 Bolton FC..(Shoes)
 Reading FC
 Tottenham Hotspur FC
 Real Madrid
 Inter Milan
 Manchester United FC
 Everton FC
 Middlesboro FC

Also the **Deputy Head of Medical and Exercise Science** in the English FA (Football Association) Gary Phillips, the International Team, will recommend highly the kit and training.

The England under 21, under 17, and Senior Women's Football team are going to wear and use the kit in the near future.

The England Senior team will follow.

A number of Premier League coaches will speak for the kit.

Ronaldo: World Football (Soccer) Player of the Year 2008; One of the BEST soccer players of all-time

Rugby Union:

England Rugby Union
 Sale Sharks
 Saracens
 Rugby League

Bobby Goulding: All time great ST Helens Captain promoting the AQx gear at the moment.

Ireland Rugby Union International team and Irish Clubs

Plus Top Gaelic Football clubs

England Cricket: (To buy shortly) England has accepted AQx Gear and Training from Terry Nelson's recent demo.

Military: British Royal Marines

Horse racing: Top flat Jockey Francis Norton. The Queens Jockey riding Banknote

Individual athletes:

Helen Richardson: Vice Captain GB Olympic Hockey team

Mara Yamauchi: Great Britain Number 2 Marathon Runner and Olympian

Liam Collins: Great Britain International Hurdler

Nick Buckfield: Olympic Pole Vaulter

Lucy Hassell: Great Britain Marathon Squad

Kerry Harty: N,Ireland 10,000m and 5000m champion

Dave Watson: Ex England and Everton Captain Premier League Footballer

Dr. Garry Killgore's Biography:



Dr. Garry Killgore is the President and one of the founding partners of AQx. He oversees all business operations including management of the AQx Corporate Headquarters, product development, authoring research articles, and leading training clinics. Killgore is a Full Professor and Academic Chair of Human Performance at Linfield College and earned his Ph.D. in Exercise Physiology and Biomechanics in 2003. He has published and presented on the biomechanics of running both on land and in water, prevention of running-related injuries and scientific concepts applied to coaching. His specialty is alternative training and rehabilitation for athletes. He was first certified as an American Red Cross lifeguard and Water Safety Instructor in 1980 and has held several aquatic-related positions with a variety of organizations, most notably, Oregon State University's Summer Youth programs, 4-H Camps, and the Boy Scouts of America where he served as the Aquatics

Director. He was recently named the Linfield College "Edith Green Distinguished Professor" for 2010 and the 2008 College/University Physical Education Teacher of the Year for the State of Oregon. Killgore has delivered presentations on water training and conditioning to a variety of audiences all over the U.S., most notably at the International Aquatic Fitness/AEA Conference, World Aquatic Health Conference, USA Track and Field Association's national conference (Podium Project), and the NW Associations of the National Strength and Conditioning Association, American College of Sports Medicine and the National Athletic Training Association, as well as in England, Ireland, and Spain.

Killgore just completed his 21st year as Linfield College's (NCAA III) Head Men's and Women's Cross Country and Track and Field Coach. Killgore was named NCAA III Indoor and Outdoor T&F Men's Coach of the Year and Women's Coach of the Year for the West Region in 2007 and 2006 respectively, and the Indoor Track and Field Coach of the year in 2009 and 2010. He was also named the Northwest Conference Men's T&F Coach of the Year in 1991, 1992, 1994, 1995, 1996, and 2007. In addition, he was named Women's T&F Coach of the Year in 1993 and in 1996. Lastly, Killgore's athletes have earned nine national titles, sixteen national runners-up, and over 96 all-american and 87 academic all-american honors, a "National Field Event Athlete of the year for NCAA III T&F", a NCAA Woman of the year award, as well as competed in the 1992 and 1996 Canadian Olympic Trials (PV) and the 1996 and 2000 US Olympic Trials (1500/800

REFEREED PUBLICATIONS and PRESENTATIONS

Articles

Killgore, G.L., Coste, S.C., O'Meara, S. E., and Konnecke, C. J. (2009). "A comparison of the physiological workload differences between shod and barefoot sub-maximal deep-water running at the same cadence" *Journal of Strength and Conditioning Research*, (in review)

Killgore, G. L., Wilcox, A., Caster B., and Wood, T. (2006) "A lower extremities kinematic comparison of deep-water running styles and treadmill running". *Journal of Strength and Conditioning Research*, 20 (4), 919-927.

Research Presentations

Killgore, G.L., Hall, S., and Wood, T. "The Effects of Surface Type on Plantar Pressure Distribution and Running Kinematics". International Olympic Committee, First World Congress on Sport Sciences, Colorado Springs, Colorado, 1989

NON-REFEREED PUBLICATIONS and PRESENTATIONS

Articles

Killgore, G.L. (2008). "Water Power". *Techniques* (USTFCCCA journal). 1 (3), 38-43.

Killgore, G.L. (2007). "Take Advantage of Water Like the Pro's". *Peak Running Performance*. 16 (2). 8-10.

Professional Presentations

Killgore, G.L. "The Art and Science of Aquatic Training and Rehabilitation for Runners and other Athletes", Invited Lecture & Round Table Discussion Leader, Northwest American College of Sports Medicine (NWACSM) Annual Convention, Portland, OR, March, 2010.

Killgore, G.L. "The Art and Science of Aquatic Training and Rehabilitation for Athletes", Invited Lecture & Workshop, Aquatic Sport Performance Workshop, Salem, MA, May, 2009.

Killgore, G.L. "The Art and Science of Aquatic Training for T&F Athletes", Invited Clinic, Lake Oswego High School, Lake Oswego, OR, March, 2009.

Killgore, G.L. "The Art and Science of Aquatic Training and Rehabilitation for Runners and other Athletes", Invited Lecture & Workshop, Northwest Athletic Training Association Annual Convention, Seaside, OR, March, 2009.

Killgore, G.L. "The Art and Science of Aquatic Training for Athletes", Invited Clinics, Olympic High School, Bremerton, WA, January, 2009.

Killgore, G.L. "The Art and Science of Aquatic Training for Runners", Invited Lecture, USAT&F Podium Project, Las Vegas, NV, December, 2008.

Killgore, G.L. "The Art and Science of Aquatic Training for Runners and other Athletes", Invited Lectures, World Aquatic Health Conference, Colorado Springs, October, 2008.

Killgore, G. L., S. Coste, S. O'Meara, C. Konnecke, and C. Farmer. "A comparison of shod and barefoot sub-maximal deep-water running", IAFC/AEA International Convention, Orlando, FL, May, 2008.

Killgore, G.L. "The Art and Science of Aquatic Training for Runners and other Athletes", Invited Lectures & Clinics, IAFC/AEA International Convention, Orlando, FL, May, 2008.

Killgore, G.L. "The Art and Science of Training and Rehabilitation in Water". Invited Clinic at the NIKE World Headquarters, Beaverton, OR, June, 2008.

Killgore, G.L. "The Art and Science of Training and Rehabilitation in Water". Invited Lecture at the NIKE World Headquarters, Beaverton, OR, June, 2008.

Killgore, G.L. "The Art and Science of Aquatic Training for Runners and other Athletes", Invited Lectures & Clinics for the Northern Ireland Athletic Federation, Irish Athletic Federation, Liverpool Football (soccer) Club, English Rugby Union, British Olympic Committee (Sir Clive Woodward), Athletic Madrid and Real Madrid Football Clubs in Belfast and Dublin Ireland, Liverpool and London England, Madrid, Spain respectively, January, 2008,

Killgore, G.L. "The Art and Science of Aquatic Training for Runners and other Athletes", Invited Lecture & Clinic, Rochester, NY, August, 2007; Roxbury, NJ, October, 2007; Sacramento, CA, October, 2007; Bend, OR, October, 2007; Eugene, OR, November, 2007; Sacramento, CA, March, 2008.

Killgore, G.L. "The Art and Science of Training and Rehabilitation in Water". Invited Lecture & Clinic, Oregon Athletic Trainers' Society Symposium, June, 2007.

Killgore, G.L. "The Art and Science of Training and Rehabilitation in Water". Invited Clinic at the NIKE World Headquarters, Beaverton, OR, February, 2007.

Killgore, G.L. "The Art and Science of Training and Rehabilitation in Water". Three invited lectures in England; Sir John Moores University, Loughborough University, British Royal Marines. January, 2007.

Killgore, G.L. "The Art and Science of Aquatic Training for Track and Field Conditioning and Rehabilitation", United States Track and Field and Cross Country Coaches Association national convention, December, 2006.

Killgore, G.L. "The Art and Science of Aquatic Training for Runners", Albertson College Running Clinic, December, 2006.

Killgore, G.L. "Aquatic Training" Clinics (2004 - present). Boulder, CO (4 clinics); Providence, RI (Brown University); Eugene, OR (3 clinics); Boston, MA; San Diego, CA; Portland, OR (3 clinics); Honolulu, HI; Jacksonville, FL; Bend, OR (2 clinics); Corvallis, OR (2 clinics) and several hosted at Linfield College for Physical Therapists, Athletic Trainers, Coaches, Personal Trainers, Aquatic Exercise Specialists, Exercise Science students, etc.

Killgore, G.L. "Deep-Water Running". Oregon Association of Health, Physical Education, Recreation, and Dance Conference, 2005, 2006.

Killgore, G.L. "Alternative Training for Distance Runners; Implications for Running-Related Injuries". Northwest Association of Athletic Trainers, Spokane, Washington, (invited 90 minute lecture presented March, 2005.

Killgore, G. L. "Track and Field Training Guidelines". Willie Davenport Olympian Track and Field Clinic, Union City, California, February, 2004.

Killgore, G. L. "Alternative Training for Distance Running". Northern California Olympic Development Track and Field Clinic, Union City, California, February, 1999.

Killgore, G. L. "Water Conditioning for Track and Field Athletes". Northern California Olympic Development Track and Field Clinic, Union City, California, February, 1998, 1999.

Killgore, G. L. "Water Conditioning for Athletes". OAHPERD, Linfield College, McMinnville, Oregon, October, 1991.

Dissertation

A Biomechanical and Physiological Comparison of Deep-Water Running Styles, 2003 Dr. Anthony Wilcox, Chair

Thesis

The Effects of Surface Type on Plantar Pressure Distribution and Running Kinematics, 1989 Dr. Terry Wood, Chair



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