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ATLETSPORTS.COM

NFL

COMBINE

DRILL TRAINING:

Bench

3 Cone Drill

60-yard Shuttle

- Vertical Jump

 20-yard Shuttle
- Broad Jump
- 40-yard Sprint

\diamondsuit atlet NFL athletes

ALFRED MORRIS, DALLAS COWBOYS

CHRIS BANJO, GREEN BAY PACKERS BRYCE PETTY, NEW YORK JETS DAMONTRE MOORE, NEW YORK GIANTS MARCUS MURPHY, NEW ORLEANS SAINTS

RUSSELL HANSBROUGH, TAMPA BAY BUCS QUINCY ADEBOYEJO, BALTIMORE RAVENS ZACH ORR, BALTIMORE RAVENS ALDRICK ROBINSON, BALTIMORE RAVENS BRIAN WATERS, DALLAS COWBOYS RYAN MOATS, HOUSTON TEXANS BRYAN MCCANN, ARIZONA CARDINALS MALCOLM WILLIAMS, NE PATRIOTS AHTYBA RUBEN, CLEVELAND BROWNS NICK ORR, CHICAGO BEARS CAM BATSON, TENNESSEE TITANS PETE ROBERTSON, ARIZONA CARDINALS JAMES PROCHE, BALTIMORE RAVENS LAVISKE SHENAULT, JACKSONVILLE JAGUARS AJ GREEN, CLEVELAND BROWNS DARRION DANIELS, SAN FRANSICO 49ERS LEO LEWIS, PITTSBURGH STEELERS TERIYON GIPSON, NY JETS VON MILLER, DENVER BRONCOS **BRENDEN SCHOOLER, NE PATRIOTS** KODY RUSSEY, NEW PATRIOTS JOSH DRAYDEN, WASHINGTON COMMANDERS DEE ANDERSON, NEW ORLEANS SAINTS

PATRICK LAWRENCE, ARIZONA CARDINALS TONY JEROD-EDDIE, SF 49ERS CYRUS GRAY, DENVER BRONCOS RICHARD CRAWFORD, SAN DIEGO CHARGERS TAYLOR REED, DALLAS COWBOYS **BRYAN COLLINS, DETROIT LIONS** TAYLOR MCCULLER. NE PATRIOTS STERLING MOORE, TAMPA BAY BUCCANEERS LORENZO WASHINGTON, NEW YORK JETS MARCHIE MURDOCK, DALLAS COWBOYS TERE CALLOWAY, ATLANTA FALCONS CHRIS LACY II, NEW ENGLAND PATRIOTS TRAVIS WILSON, HOUSTON TEXANS LAQUVIONTE GONZALEZ, LOS ANGELES RAMS JASON HALL, SEATTLE SEAHAWKS JALEN TOLLIVER, TENNESSEE TITANS CAM SIMMS, WASHINGTON REDSKINS CHRIS ORR. CAROLINA PANTHERS BRYAN LONDON II, LOS ANGELES RAMS DEVWAH WALEY, CINCINNATI BENGALS JEFF COTTON, LOS ANGELES CHARGERS HOLLYWOOD FRANKY, ARIZONA CARDINALS SETH RUSSELL, OAKLAND RAIDERS EMMANUEL SANDERS, NEW ORLEANS SAINTS CHRIS OWENS, PITTSBURGH STEELERS JAMAL PETTRIGREW, LA RAMS MARVIN TERRY, NEW YORK JETS JARED SCOTT, CAROLINA PANTHERS

OHIGHLIGHTS

FUGTBALL



CHRIS ORR, ILB – WISCONSIN

- 2020 Wisconsin Pro Day
- Shuttle 4.08sec (NFL Combine Rank 1st)
- 3 Cone 6.99sec (NFL Combine Rank 5th)
- Vertical 36.5in (NFL Combine Rank 8th)

BRYAN LONDON II, LB – TEXAS STATE

- 2020 Atlet Pro Day (COVID-19)
- Bench 25reps (NFL Combine Rank 3rd)
- Vertical 36.5in (NFL Combine Rank 8th)

CHRISTIAN SLAUGHTER, DB – MEMPHIS

- 2018 Memphis Pro Day
- 40yrd Time 4.25sec
- Vertical Jump 39.5in

EMMANUEL SANDERS, WR – SMU

- 2010 SMU Pro Day
- 40yrd Time 4.41sec
- Vertical Jump 40.5in

CHRIS BANJO, DB – SMU

- 2012 SMU Pro Day
- 40yrd Time 4.37sec
- Vertical Jump 40.5in

- MICAH SIMON, WR BRIGHAM YOUNG
 - 2020 Atlet Pro Day Laser Times (COVID-19)
 - 40yd 4.35sec (NFL Combine Rank 2nd)
 - Shuttle 3.99sec (NFL Combine Rank 1st)
 - 3 Cone 6.67 sec (NFL Combine Rank 2nd)

ROBERT HAYES JR – SMU

- 2020 Atlet Pro Day Laser Times (COVID-19)
- 3 Cone 6.47sec (NFL Combine Rank 1st
- Shuttle 3.99sec (NFL Combine Rank 2nd)

SETH RUSSELL, QB – BAYLOR

- 2017 Baylor Pro Day
- 40yrd Time 4.39sec (Unofficial Laser)

LAQUIVIONTE GONZALEZ, WR

- 2018 Southeastern Pro Day
- 40yrd Time 4.37sec

TRAVIS WILSON, LB – NEVADA

- 2018 Nevada Pro Day
- 40yrd Time 4.46sec (In the Snow)

CHASE KENNEMER, LB – SMU

- 2010 SMU Pro Day
- 40yrd Time 4.44sec



Athletes Enhancement

PERFORMANC

PERFORMANCE TRAINING



VIDEO MOTION ANALYSIS

PT / RECOVERY LOUNGE

NSF CERTIFIED SUPPLEMENTS





MOCK COMBINE TESTING

SKILLS TRAINING

> DAILY NUTRITION

> > TEMPORARY HOUSING



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C TRAINING

ATLET APPAREL

INCLUDES

PENNAN

Com



CARAINING SCHEDULE

DAY	9:30AM	10:00AM	12:00PM	2:00PM	5:00PM	6:00PM
MON	LIFT PREP / CORRECTIVES	FULL BODY LIFT (BENCH FOCUS)	LUNCH	ON FIELD SKILLS WORK		DINNER
TUE	LIFT PREP / CORRECTIVES	ACCELERATION / 40YD TRAINING	LUNCH	PT / RECOVERY		DINNER
WED	LIFT PREP / CORRECTIVES	FULL BODY LIFT (POWER & PLYO FOCUS)	LUNCH	ON FIELD SKILLS WORK	FRC	DINNER
THU	LIFT PREP / CORRECTIVES	LATERAL AGILITY / SHUTTLE TRAINING	LUNCH	PT / RECOVERY		DINNER
FRI	LIFT PREP / CORRECTIVES	UPPER BODY LIFT (BENCH EMPHASIS)	LUNCH	REST		DINNER
SAT	ACTIVE RECOVERY	Mock Combine / Pro Day	LUNCH	REST		DINNER
SUN	REST	REST	LUNCH	REST		DINNER

TRAINING STAFF

EXOS CERTIFIED PERFORMANCE TRAINING

POSITION SKILLS TRAINING













RYAN MENTZEL

- Performance Trainer
- EXOS, USAW Certified
- NFL Combine Speed Specialist
- NFL Dallas Cowboys
- College SMU

TRAVIS WILSON

- Performance Trainer
- EXOS Certified
- NFL Houston Texans
- CFL Calgary Stampeders
- College Univ. of Nevada

KEYTON MCMILLION

- Performance Trainer
- CSCS, Pers. Trainer Certified
- Texas Tech Strength Staff
- Texas Tech Kinesiology

DAMEON GAMBLIN

- NFL Wide Receivers Coach
- Trainer to Emmanuel • Sanders, Trey Quinn, **Terrace Marshall, James** Proche & Rashard Higgins

CHRISTIAN WHITE

- NFL Defensive Back Coach
- Flightskillzperformance.com
- Trainer to Chavarius Ward, Kam Curl, & Jason Pinnock

JEROMY CLARY

- NFL Lineman Coach
- NFL San Diego Chargers
- 9yr NFL Veteran
- Trainer to Chris Owens & Kody Russey



CHERAPY & RECOVERY

MORMA

We partner with Performance Medicine & Sports Therapy (PMST) to offer our athletes full access to recovery, maintenance, and therapy treatments to keep them on the field and progressing in their sport. PMST implements The Recover with Purpose System (RPS). RPS is designed to combine the structural, functional, and corrective techniques for a faster recovery to you as the patient. PMST providers will implement RPS in order to get to the underlying cause of your injury. This ensures effective results and most importantly, faster results to get you back in the game at your maximum performance ability.

RPS is a phased approach to injury. We believe that injuries need to be treated in the correct sequence of order on a comprehensive scale. We take every aspect into consideration when assessing an injury. A PMST provider will evaluate your needs and assess which phase you fit into. You will then be treated based on your real-time needs to ensure you are receiving the correct treatment at the correct time.

Discovery & Diagnosis Mechanical Relationships Motor Control Stabilization & Strength





Proper nutrition that's customizable to your physiology and off-season needs is key for faster recovery, more stamina, and stronger performance. Daily meal plans are available for athletes that want a structured program and are delivered weekly readily available at the facility. We will buildout your nutrition plan based on your individual body type, carb intake requirements, weight gain or cutting goals, allergy needs, and taste preferences.

Fit Meals Prep has served the DFW community for over five years and is home to many high-performance athletes across professional sports needing a daily regimen. We work closely with their nutrition specialists to build out your plan and adjust offerings according to your position within our training program and your ongoing progress.

Recovery Enhancement Performance Stamina Weight Management Affordability, Flexibility, and Convenience

FITMEALSPREP.ORG





IN 2010...

Shelley Mead, a specialist in FDA-approved pharmaceuticals, teamed with fourteen-year professional baseball veteran Frank Catalanotto to create a sports supplement line that was specifically engineered for professional athletes, Olympians, hardcore lifters, marathoners, triathletes, and anyone who enjoys competition. The result: Proven 4, a brand that provides products that are proven to be safe, clean, and banned-substance-free.



PROVEN 4 WAS FOUNDED TO PROVIDE ELITE AND ASPIRING ATHLETES PEACE OF MIND.

We understand that to become the best you need to battle exhaustion, work through injuries, and dedicate countless hours in the gym, at the track, and on the field. The last thing you want to worry about is that something you're putting into your body will violate any testing guidelines or in any way jeopardize your ability to perform. With P4, that's a stress you'll never have to encounter.







PRE-GAME

ENERGY

RECOVERY















RECOVERY PROTEIN PLUS / Chocolate - 1224 g RECOVERY PROTEIN PLUS / Vanilla - 1224 g PLANT-BASED PROTEIN / CHOCOLATE

PLANT-BASED PROTEIN / NATURAL

WHY BIOSTEEL WAS CREATED?

BUILT OUT OF NECESSITY

After realizing that top performing athletes were consuming products littered with fillers, artificial sweeteners and flavors, mystery ingredients, and stimulants like sugar and caffeine prior to and during games and practices, we became dedicated to developing a new standard of quality for sports nutrition. Our original Pink Drink, which featured a straightforward, simple list of clean ingredients engineered to deliver the essential nutrients needed to power physical activity.

COMMERCIALIZED FROM DEMAND, GROWN FROM AUTHENTICITY

BioSteel's clean, honest, and effective formulation quickly gained support and popularity in some of the most prominent pro sports locker rooms in North America, and eventually drew the attention of everyday sports nutrition consumers with an eye for quality products. The legacy of #DrinkThePink[™] lives on in BioSteel's Sports Hydration Mix.

Today, BioSteel[™] is one of the most trusted brands in both locker rooms and households alike. As the most purchased product in North American pro sports, it's no wonder that BioSteel[™] is the #1 choice for sports nutrition consumers globally.

\$ PERFORMANCE GEAR

ATLET

All NFL Draft Prep Athletes Receive the Latest Gear for Best Performance on the Field:

- Atlet Performance T-Shirts
- Atlet Performance Pull Over
- Nike Vapor Edge Turf Shoe
- Nike Vapor Edge 360 Cleat
- Atlet Performance Gear Bag

The Atlet preferred training shoe and cleat is



the Nike Vapor Edge Pro 360. Its internal full-foot plate creates flexible support, and wide stud placements let you cut like never before for added quickness.









CARY HOUSING

For athletes needing housing accommodations, we partner with several local extended stay hotel and rental housing locations to provide a variety of housing options for any athlete's situation. Some athletes prefer roommates, and some do not, so we try to account for varying preferences.

Both our hotel and rental home options are fully furnished. The hotel option offers single suite or roommate accommodations depending on your needs. The rental home option usually requires a roommate accommodation for better affordability.

All housing options are located within 15 minutes of the Atlet Sports training facility and are within 20 minutes from any Dallas / Fort Worth attraction. On your off time, you can enjoy the Downtown Fort Worth restaurants and live music along with the beautiful Sundance Square, or you can visit the Bishop Arts or Downtown Dallas nightlife districts. There's plenty see and plenty to do in our off hours should you choose.







	DRAFT PREP ELITE	DRAFT PREP ELITE	DRAFT PREP ELITE	DRAFT PREP
TRAINING INCLUDES:	(Single Housing)	(Roommate)	(No Housing)	STANDARD
8 Week Performance Training Program	Х	Х	Х	Х
8 Week Combine / Pro Day Training	Х	Х	Х	Х
Weekly Recovery / Massage / Cupping	Х	Х	Х	Х
Mobility Screening / Injury Prevention	Х	Х	Х	Х
Sports Yoga / FRC Training	Х	Х	Х	Х
Performance Metric Tracking	Х	Х	Х	Х
Video Analysis / Drill Technique	Х	Х	Х	Х
Mock Pro Day / Combine Simulation	Х	Х	Х	Х
Proven 4 NSF Certified PreWorkout	Х	Х	Х	Х
BioSteel NSF Certified Protein	Х	Х	Х	Х
Daily Recovery Snacks / Lounge Access	Х	Х	Х	Х
Atlet Performance Training Gear	Х	Х	Х	Х
FREE Training Support Until Pro Day	Х	Х	Х	Х
FREE Training Support Until Mini Camp / OTAs	Х	Х	Х	Х
DNA Nutritional Blood Test	Х	Х	Х	
Daily Meal Preparation	Х	Х	Х	Х
Position Specific Skills Work / Field Access	Х	Х	Х	
Temporary Housing - Roommate		Х		
Temporary Housing – Single Room	Х			
BASE PRICE ATHLETE MARKETING DISCOUNT AGENT BUNDLE PRICING (3+ PLAYERS)	\$12,275 \$12,075 \$11,925	\$9,950 \$9,750 \$9,600	\$7,350 \$7,150 \$7,000	\$5,750 \$5,550 \$5,400

Marketing Discount Requirement: Add @atletsports to Social Media Handles. Photo / Video Reposting.

Minimum 1/2 Payment Up Front Then 1/2 at Mid-Point (4 Weeks) of Training Program. Email info@atletsports.com for Additional Custom Pricing or Early Start Date