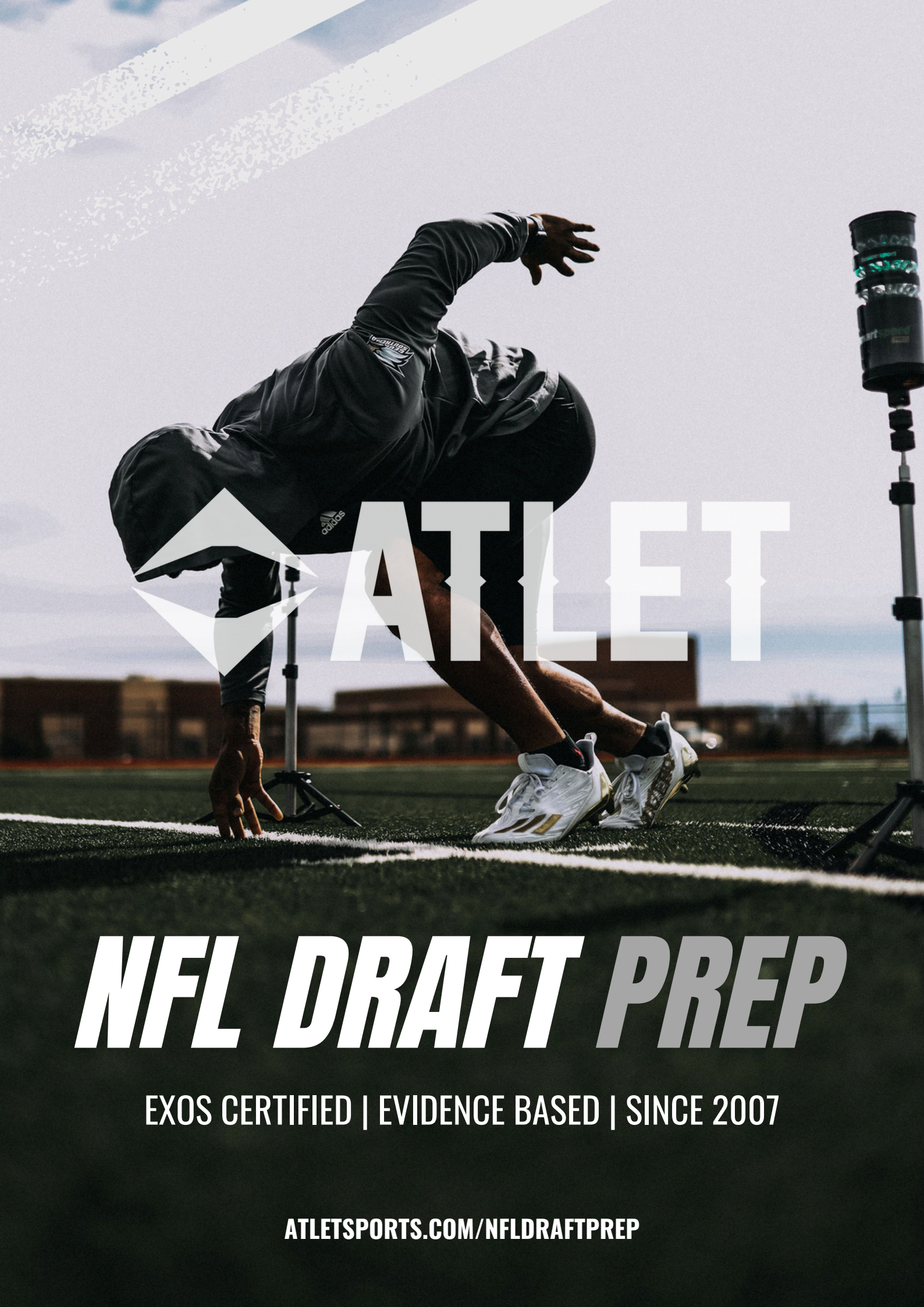


NFL DRAFT PREP

EXOS CERTIFIED | EVIDENCE BASED | SINCE 2007

ATLETSPORTS.COM/NFLDRAFTPREP



ATLET NFL ALUMNI

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 Z
ACH 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
TE ROBERTSON, ARIZONA CARDINALS
JAMES PROCHE, BALTIMORE RAVENS
LAVISKE SHENAULT, JACKSONVILLE JAGUARS
PEAJ GREEN, CLEVELAND BROWNS
DARRION DANIELS, SAN FRANSICO 49ERS
EO LEWIS, PITTSBURGH STEELERS
LEVI RODRIGUEZ, MINNESOTA VIKINGS
TERIYON GIPSON, NY JETS
VON MILLER, DENVER BRONCOS
BRENDEN SCHOOLER, NE PATRIOTS
LKODY RUSSEY, NEW PATRIOTS
JOSH DRAYDEN, WASHINGTON COMMANDERS
DEE ANDERSON, NEW ORLEANS SAINTS
PATRICK LAWRENCE, ARIZONA CARDINALS
ONY 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
JACK FREEMAN, TAMPA BAY BUCCANNEERS
AM 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
GAVIN HOLMES, PHILADELPHIA EAGLES
GUNNAR HENDERSON, NEW ORLEANS SAINTS
AMARE JONES, NEW YORK JETS
CALEB THOMAS, KANSAS CITY CHIEFS
D'ANTHONY JONES, CHICAGO BEARS
BO RICHTER, MINNESOTA VIKINGS
ELIJAH CHATMAN, NY GIANTS
KASON COOPER, NEW ENGLAND PATRIOTS
BYRON VAUGHNS, DALLAS COWBOYS
BILLY KEMP, NY GIANTS
XAVIER WHITE, INDIANAPOLIS COLTS
JAYLON HUTCHINGS, CHICAGO BEARS

JB BROWN, DENVER BRONCOS
DARIUS COOPER, PHILADELPHIA EAGLES
ELLIOT DAVISON, NEW ORLEANS SAINTS
ABE CAMARA, CAROLINA PANTHERS
LORANDON JOHNSON, LAS VEGAS RAIDERS
MASON NARCISSE, TAMPA BAY BUCCANEERS
HAL PRESLEY, BUFFALO BILLS
NIKKO REED, SAN DIEGO CHARGERS
DALYS BEANUM, NEW ORLEANS SAINTS
COOPER MCDONALD, KANSAS CITY CHIEFS
AHMAD WALKER, KANSAS CITY CHIEFS
MARVIN GRANT, KANSAS CITY CHIEFS
MOOCHIE DIXON, NEW ORLEANS SAINTS
MASON THARP, HOUSTON TEXANS
TULI TEUHEMA, NEW ENGLAND PATRIOTS
KETRON JACKSON, BALTIMORE RAVENS
JOHNNY HODGES, SAN DIEGO CHARGERS
CHRISTIAN GRUBB, CHICAGO BEARS
MARTEZ POYNTER, CAROLINA PANTHERS
BLAKE BOENISCH, KANSAS CITY CHIEFS
NLE'MEKE BROCKINGTON, ATLANTA FALCONS
TAMATOA MCDONOUGH, DENVER BRONCOS
NOAH AVINGER, SAN DIEGO CHARGERS
ZELMAR VEDDER, KANSAS CITY CHIEFS
STEVEN WESTON, INDIANAPOLIS COLTS
BLAKE COTTON, TENNESSEE TITANS
TAHJ CHAMBERS, INDIANAPOLIS COLTS
XAVIER HOLMES, BALTIMORE RAVENS
KENDRICK BLACKSHIRE, NEW YORK JETS
TERRELL TILMON, CHICAGO BEARS
CHARLES ESTERS, NEW ORLEANS SAINTS
JIMTO OBIDEGWU, JACKSONVILLE JAGUARS

TOP PERFORMERS



XAVIER WHITE, WR - TEXAS TECH
2024 BIG 12 PRO DAY FASTEST 40YD TIME
4.45SEC

D.B. CARROLL, DL - TEXAS TECH
2025 BIG 12 PRO DAY MOST BENCH REPS
30 REPS

JOHNNY HODGES, LB - TCU
2025 BIG 12 PRO DAY MOST BENCH REPS
28 REPS

BO RICHTER, LB - AIR FORCE - 2024
- 40YD TIME – 4.53SEC (NFL COMBINE RANK 4TH)
- BENCH – 26 REPS (NFL COMBINE RANK 1ST)
- VERTICAL - 40IN (NFL COMBINE RANK 1ST)
- BROAD - 10'4" (NFL COMBINE RANK 3RD)

ELIJAH CHATMAN - SMU - 2024
- 40YD TIME – 4.81SEC (NFL COMBINE RANK 2ND)
- BENCH – 32 REPS (NFL COMBINE RANK 2ND)
- SHUTTLE - 4.59 (NFL COMBINE RANK 3RD)

AARON BRULE - MICHIGAN STATE - 2024
- 40YD TIME – 4.55SEC (NFL COMBINE RANK 5TH)
- BENCH – 24 REPS (NFL COMBINE RANK 1ST)

GAVIN HOLMES, WR – BAYLOR – 2023
- 40YD TIME – 4.38SEC (NFL COMBINE RANK 4TH)

KENDALL CATALON, WR – ACU – 2023
- SHUTTLE – 4.15SEC (NFL COMBINE RANK 3RD)

CALEB THOMAS, DT – ULM – 2023
- VERTICAL – 33.5" (NFL COMBINE RANK 2ND)
- BENCH – 30REPS (NFL COMBINE RANK 2ND)

KODY RUSSEY, OL – HOUSTON – 2022
- BENCH – 38REPS (NFL COMBINE RANK 1ST)

CHRIS ORR, ILB – WISCONSIN - 2020
- SHUTTLE – 4.08SEC (NFL COMBINE RANK 1ST)

BRYAN LONDON, LB – TEXAS STATE - 2020
- BENCH – 25REPS (NFL COMBINE RANK 3RD)

2025 HIGHLIGHTS

CHRISTIAN GRUBB, RB - PORTLAND
VERTICAL - 42"
BROAD - 10'9"
L DRILL - 6.99 SEC

MOOCHIE DIXON, WR - SMU
40YD TIME - 4.38SEC
BROAD JUMP - 10'10"

ELLIOT DAVISON, S - UTSA
40YD TIME - 4.45SEC
SHUTTLE - 4.19SEC
VERTICAL - 37"

TULI TEUHEMA, OL - TARLETON
40YD TIME - 4.96SEC

NIKKO REED, CB - OREGON
40YD TIME - 4.43SEC
3 CONE - 6.95SEC

JOHNNY HODGES, LB - TCU
BENCH - 28 REPS

DARIUS COOPER, WR - TARLETON
40YD TIME - 4.49 SEC
BENCH - 18 REPS
VERTICAL - 38"

CHRIS SLAUGHTER, DB – MEMPHIS - 2018
- 40YD TIME - 4.25SEC (NFL COMBINE RANK 1ST)
- VERTICAL – 39.5IN (NFL COMBINE RANK 2ND)

EMMANUEL SANDERS, WR – SMU - 2010
- 40YD TIME - 4.40SEC (NFL COMBINE RANK 6TH)
- VERTICAL JUMP – 40.5IN (NFL COMBINE RANK 4TH)

CHRIS BANJO, DB – SMU – 2012
- 40YD TIME - 4.37SEC (NFL COMBINE RANK 3RD)
- VERTICAL JUMP – 40.5IN (NFL COMBINE RANK 1ST)

MICAH SIMON, WR – BYU– 2020
- 40YD – 4.35SEC (NFL COMBINE RANK 2ND)
- SHUTTLE – 3.99SEC (NFL COMBINE RANK 1ST)
- 3 CONE – 6.67SEC (NFL COMBINE RANK 2ND)

ROBERT HAYES JR – SMU - 2020
- 3 CONE – 6.47SEC (NFL COMBINE RANK 1ST)
- SHUTTLE – 3.99SEC (NFL COMBINE RANK 2ND)

SETH RUSSELL, QB – BAYLOR - 2017
- 40YD TIME - 4.39SEC (NFL COMBINE RANK 1ST)

QUIV GONZALEZ, WR – S.E.- 2018
- 40YD TIME - 4.37SEC (NFL COMBINE RANK 3RD)

TRAVIS WILSON, LB – NEVADA - 2018
- 40YD TIME - 4.46SEC (NFL COMBINE RANK 2ND)

CHASE KENNEMER, LB – SMU - 2010
- 40YD TIME - 4.44SEC (NFL COMBINE RANK 1ST)



DRAFT PROGRAM

ATLET NFL DRAFT PREP IS THE MOST **COMPREHENSIVE INDIVIDUAL ATHLETE FOCUSED PROGRAM** IN THE COUNTRY.

DRAFT CLASSES **CAPPED TO 20-25 ATHLETES. 16 YEAR** PROGRAM HISTORY.

TOP 5 RANKED PRO DAY PERFORMERS BY POSITION EVERY YEAR FOR **LAST 13 YEARS**.

ATLET DRAFT PREP PROCESS

PERFORMANCE TRAINING



ON FIELD SKILLS WORK



MOCK PRO DAYS



TECHNICAL ANALYSIS



FRC, PT, MASSAGE RECOVERY



MEAL PREP, DNA PROFILE, JOURNAL



NSF SUPPLEMENT STACKS & PROTEIN



BEST IN CLASS TRAINING GEAR





TRAINING PROGRAM SCHEDULE

LIFT PREP / FUNCTIONAL CORRECTIVES
MON. - FRI. 9:15AM - 10:00AM

PERFORMANCE TRAINING / ISO DRILL FOCUS
MON. - FRI. 10:00AM - 12:00PM

ON FIELD SKILLS WORK
MON. / WED. 2:00PM

PT / FRC / RECOVERY
TUE. / THU. 2:00PM AND WED. 5:00PM

ACTIVE RECOVERY / MOCK PRO DAY
SAT. 9:30AM

TRAINING STAFF



RYAN MENTZEL

CO-OWNER ATLET SPORTS PERFORMANCE TRAINER
NFL - COWBOYS, COLLEGE - SMU
EXOS, USA,TPI CERTIFIED
NFL LB/RB TRAINER TO
BO RICHTER, BRENDAN SCHOOLER, CALEB JOHNSON, & COOPER MCDONALD



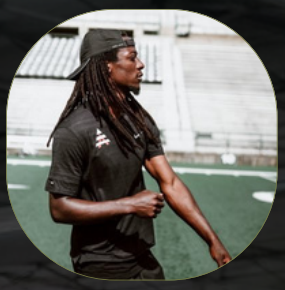
TRAVIS WILSON

PERFORMANCE TRAINER
NFL - TEXANS, CFL - STAMPEDE
COLLEGE - NEVADA
EXOS CERTIFIED
NFL LB/RB TRAINER TO
BO RICHTER, BRENDAN SCHOOLER, CALEB JOHNSON, & COOPER MCDONALD



SYDNIE DARDEN

HEAD PHYSICAL THERAPIST
SPORTS THERAPY CERTIFIED
DRY NEEDLING / CUPPING
MYOFASCIAL MANIPULATION



DAMEON GAMBLIN

NFL WR SKILLS COACH
TRAINER TO:
EMMANUEL SANDERS, TREY QUINN, TERRACE MARSHALL, JAMES PROCHE & RASHARD HIGGINS



CHRISTIAN WHITE

NFL DB SKILLS COACH
TRAINER TO:
CHAVARIUS WARD, KAM CURL, & JASON PINNOCK



DB CARROLL

NFL LINEMAN SKILLS COACH
TEXAS TECH, RICE
ALL-AMERICAN, RICE
TRAINER TO:
MYLES ADAMS





TRAINING OPTIONS

	DRAFT PREP PREMIUM	DRAFT PREP ELITE (RECOMMENDED)	DRAFT PREP PREMIUM
8 WEEK PERFORMANCE TRAINING & MOCK PRO DAY TRAINING	X	X	X
FRC / YOGA ACTIVE RECOVERY WEEKLY TRAINING	X	X	X
DAILY RECOVERY LOUNGE: NORMATEC UPPER & LOWER, HYPERICE GUNS, RED LIGHT, DRY SAUNA.	X	X	X
TWO DAY / WEEK P.T. CUPPING, DRY NEEDLING, SCRAPING, MANUAL THERAPY, ASSISTED STRETCH, TARGETED PAIN POINTS, COLD TUBS.	X	X	X
BI-WEEKLY CHIROPRACTIC CARE	X	X	X
NSF SUPPLEMENT STACK: BIOSTEEL PROTEIN, PROVEN 4 SPORT PREWORKOUT, THORNE SUPER EPA, THORNE COLLAGEN FIT, THORNE CREATINE.	X	X	X
ATLET TRAINING GEAR PACKAGE: PERFORMANCE T-SHIRTS, HOODIE, 40YD DASH CLEATS	X	X	X
FREE PERFORMANCE TRAINING UNTIL MINI-CAMP / OTAs	X	X	X
POSITION SPECIFIC FIELD SKILLS WORK	X	X	X
ATLET NUTRITIONAL PROGRAM: 10 FULLY PREPARED MEALS PER WEEK DAILY SNACKS @ ATLET RECOVERY BAR WEEKLY FOOD JOURNAL / WEIGH-INS		X	X
MEAL PLAN EXPANSION PACK (EXTRA 5 MEALS / WEEK)			X
ADD-ON WEEKLY CHIROPRACTIC & ADDITIONAL ADVANCED PT			X
TOTAL PRICE	**$6,990**	**$8,090**	**$8,890**
WITH NIL SOCIAL MEDIA DISCOUNT (5%)	**$6,640.50**	**$7,685.50**	**$8,445.50**

8 WK HOUSING W/ IND. QUEEN BEDROOM & WEEKLY CLEANING = $2,520

3+ PERSON GROUP AGENCY DISCOUNT & CUSTOM PRICING AVAILABLE



THE DRAFT PREP HOUSE

THE #1 HOUSING FOR ATHLETES

AVAILABLE FOR UP TO 7 ATHLETES

INDIVIDUAL BEDROOMS W/ QUEEN OR KING BED
HEATED POOL & HOT TUB
GRAND KITCHEN & DINING AREA
3 ENTERTAINMENT LOUNGES
WATER LAGOON & TUBING
OUTDOOR GRILL & 2 COVERED PATIOS
MINI GOLF & CHIPPING GREEN
BASKETBALL COURT
VOLLEYBALL COURT
WATER SLIDE
SPORTS TURF AREA
WEEKLY CLEANING







THE EMMA APARTMENTS

MIDLO STUDIO APARTMENTS

AVAILABLE FOR PAIRED LIVING

INDIVIDUAL BEDROOMS W/ QUEEN OR KING BED
FULLY FURNISHED APARTMENTS
CLOSE PROXIMITY TO DALLAS & FORT WORTH
CLOSE TO ATLET FACILITY
HEATED POOL & HOT TUB
GRAND KITCHEN & DINING AREA
OUTDOOR GRILL & 2 COVERED PATIOS



