

# NFL COMBINE & PRE DRAFT

TRAINING PROGRAM







◀ GREEDY WILLIAMS

◀ QUINNEN WILLIAMS

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# SA IN THOUSAND OAKS

Our flagship location, housed in a state-of-the-art 100,000 square foot facility in Thousand Oaks, CA, is a full-service Human Performance Center that aims to help athletes unlock their full potential.

**Sports Academy in Thousand Oaks** will once again be home to a one-of-a-kind pre-draft readiness program this year. Our best-in-class services and coaches work with athletes the full-circle way — from speed and strength training, to interview preparation, recovery treatment and much more — to ensure they're fully prepared for the next step on their journey.



# THE FACILITY IN THOUSAND OAKS

- ☐ BioMech Lab
- ☐ Cognition Lab
- ☐ Integrated Sports Medicine (ISM)
- ☐ Classrooms
- ☐ Lounges
- ☐ Nutritional Center
- ☐ Performance Center
- ☐ Sand Pit
- ☐ Turf
- ☐ Track
- ☐ Recovery Suite





# PLAYERS

Sports Academy opened its doors in 2016. Since then, we've worked with some of the hungriest prospects (and vets) to bring **ELITE TRAINING MENTALITY** to the NFL. Our best, though, and your best are yet to come, so let's rise together!





# SPEED TEAM

Our renowned speed training staff uses a combination of data and the latest research to diagnose your individual areas of improvement & create a personalized program focused on making you a better, healthier runner. Our team will make sure you are set to excel at the Three-Cone Drill, 20-Yard Shuttle and 40-Yard Dash.

## SPEED GAINS

### Quinnen Williams – DE

- Pre Test: 5.15s
- Combine: 4.83s
- #1 Fastest DT at 2019 Combine
- #4 Fastest time by 300lber

### Anthony Ratliff-Williams – WR

- Pre Test: 4.77s
- Pro Day Results: 4.46s

### Alex Bachman – WR

- Pre Test: 4.66s
- Pro Day Results: 4.38s

## 4.3 CLUB (40-YARD)

### Brian Burt – WR (4.31s)

### Keisean Nixon – CB (4.36s)

### Greedy Williams – CB (4.37s)

- #2 Fastest CB at 2019 Combine

### Jayson Stanley – CB (4.37s)

### Alex Bachman – WR (4.38s)

## COMBINE HIGHLIGHTS



### Justin Hollins – LB

- Best at 20-Yard: 4.40s
- #4 Fastest LB at 2019 Combine

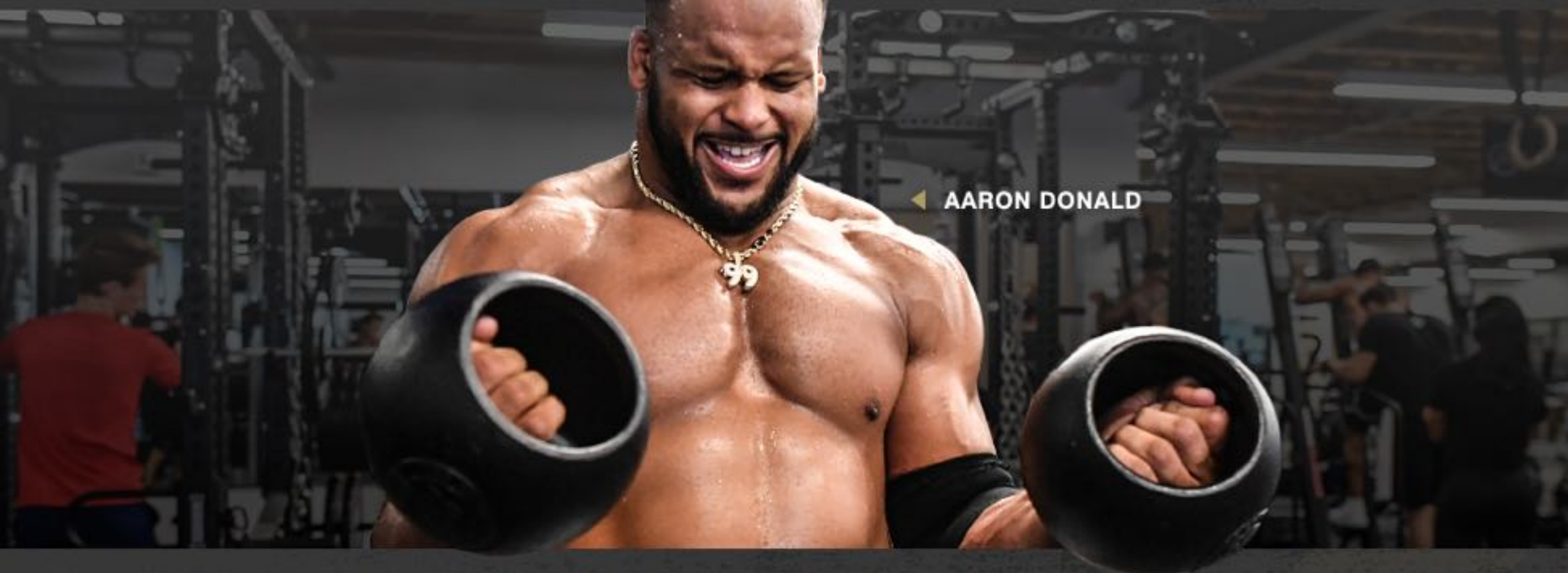




# STRENGTH TRAINING



◀ QUINNEN WILLIAMS



◀ AARON DONALD

Our highly skilled Strength team will tune in to your body's needs and tune it up accordingly. Along the way, you will develop newfound upper and lower body strength and power while maintaining flexibility and mobility.

## STRENGTH CLUB

### Kelvin Harmon – WR

- 18 Reps
- #8 Best Overall for WR

### Justin Hollins – LB

- 25 Reps
- Top 3 for Edge Rusher

## STRENGTH GAINS

### Greedy Williams – CB

- Pre Test: 1 Rep
- 2019 Combine: 8 Reps

### Kevin Harmon – WR

- Pre Test: 14 Reps
- 2019 Combine: 22 Reps

### Kahlil Mckenzie Jr – DT

- Pre: None (Limited Injury)
- 2018 Combine: 26 Reps

## COMBINE HIGHLIGHTS



### Stanley Morgan – WR

- 125" Broad Jump
- #9 best WR at 2019 Combine



### Justin Hollins – LB

- 36.5" Vertical Jump
- #5 best LB at 2019 Combine



# MEDICAL SUPPORT TEAM

Our on-site doctors and nutritional team, along with our massage, physical therapy and yoga unit, will make sure that you are fit, focused, and functional. Your body will look good, feel good, and be in peak shape. That way, you can focus on what's in front of you and not what's bothering you.

## PLAYER BEFORE & AFTERS (BODYFAT PERCENTAGE):



**Greg Stroman**

- Pre: 10.4%
- Post: 7.8%



**Bobo Wilson**

- Pre: 15.3%
- Post: 11.3%



**Kahlil McKenzie**

- Pre: 22.8%
- Post: 15.5%



**Dwayne Haskins**

- Pre: 25.2%
- Post: 18.9%



**Quinnen Williams**

- Pre: 29%
- Post: 22%







# CUSTOM CARE, CUSTOM TREATMENT

Our in-house medical clinic elevates our pre-draft program. The chiropractic, diagnostic, medical, physical therapy, rehab, and recovery units in the building allow us to assess you, provide a custom plan and safely and successfully unlock your full potential.

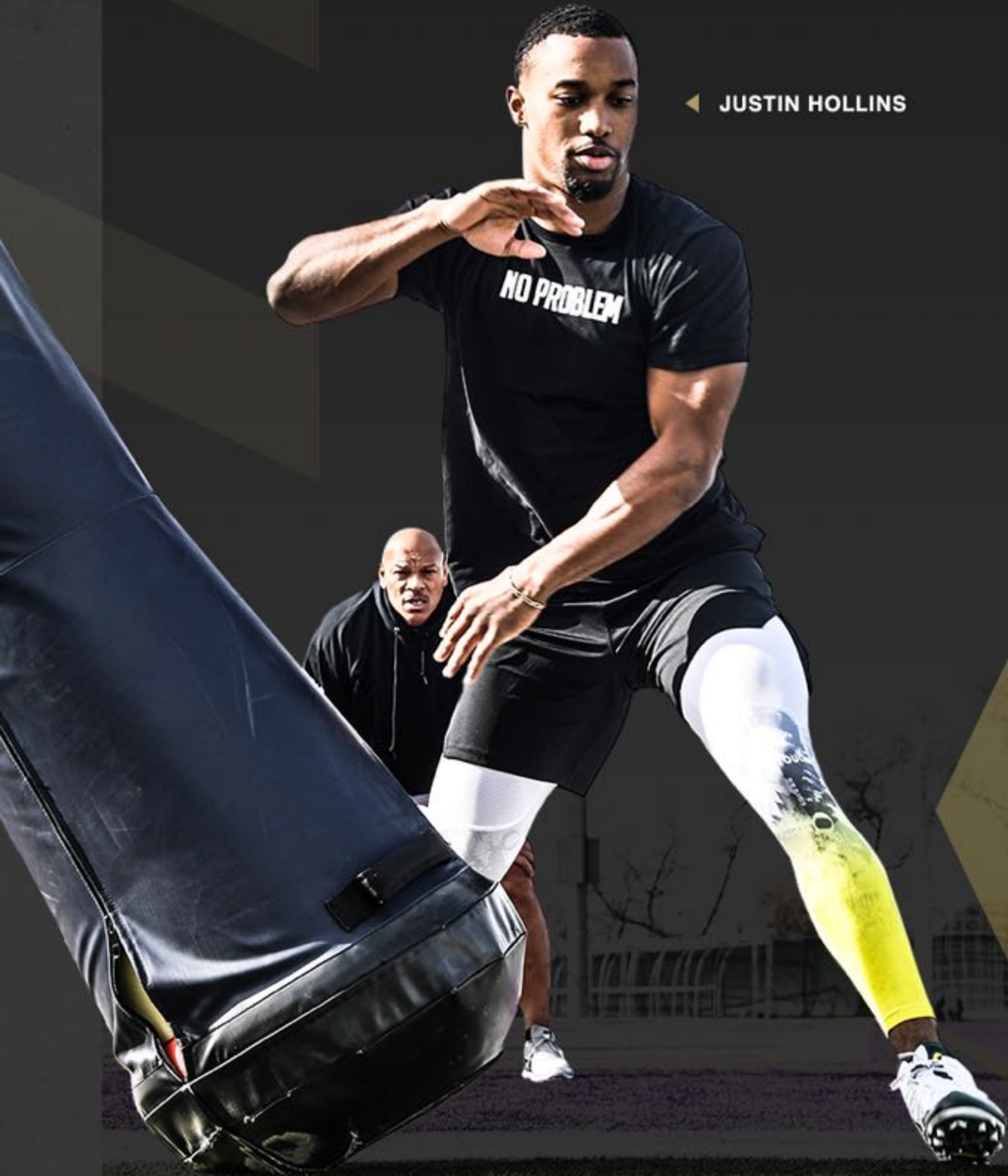
We, of course, have on-site ATs, doctors, chiropractors, DPTs, massage therapists, and nutritionists. To better help them help you, we keep our sports medicine clinic stocked with only the best including:

- ☐ Anti-Gravity Treadmill
- ☐ Biomechanics Lab
- ☐ Normatec Pulses
- ☐ Hyperice Products
- ☐ **& MORE**



# ON-FIELD TRAINING

◀ JUSTIN HOLLINS



While our trainers are helping you prepare your body and mind, an elite group of former pro football players and position coaches will work with you to hone in on the nuances of your position and refine your on-field skills.

KELVIN HARMON ▶





# OFF-FIELD TRAINING

It's time to get your mind and presentation right. Time to imbue you with the **ELITE MENTALITY**, in a way where prospective coaches, GMs, & VPs sense it as soon as they meet you. As such, our draft preparation includes interview training, social media training, wonderlic training, and more. We are going to help you find and refine your personal style!

GREEDY WILLIAMS ▶



◀ STANLEY MORGAN



◀ DWAYNE HASKINS





# TESTIMONIALS



AARON

DONALD

99

“

I had great workouts and they have great performance coaches. They push you to get the best out of everything you do.

“

Sports Academy has helped me excel in my off-season training. From strength and speed training to yoga, I received everything I needed and felt ready for the season.

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TODD

GURLEY



SEBASTIAN

JOSEPH-DAY

69

“

Sports Academy did such an amazing job training me this off-season. Helped me become a better all-around athlete with great people leading the charge as well!





TYLER

HIGBEE



89

“

The facility and the staff created the perfect environment to get ready for camp. I am entering camp in the best shape of my life, and I enjoyed the process and felt at ease every time I stepped in the building.

“

I couldn't have picked a better place to train for the NFL Combine. I loved all of the technology that Sports Academy had to offer. They have so much knowledge in how to become bigger, stronger, and faster as an athlete; even after the combine/draft.

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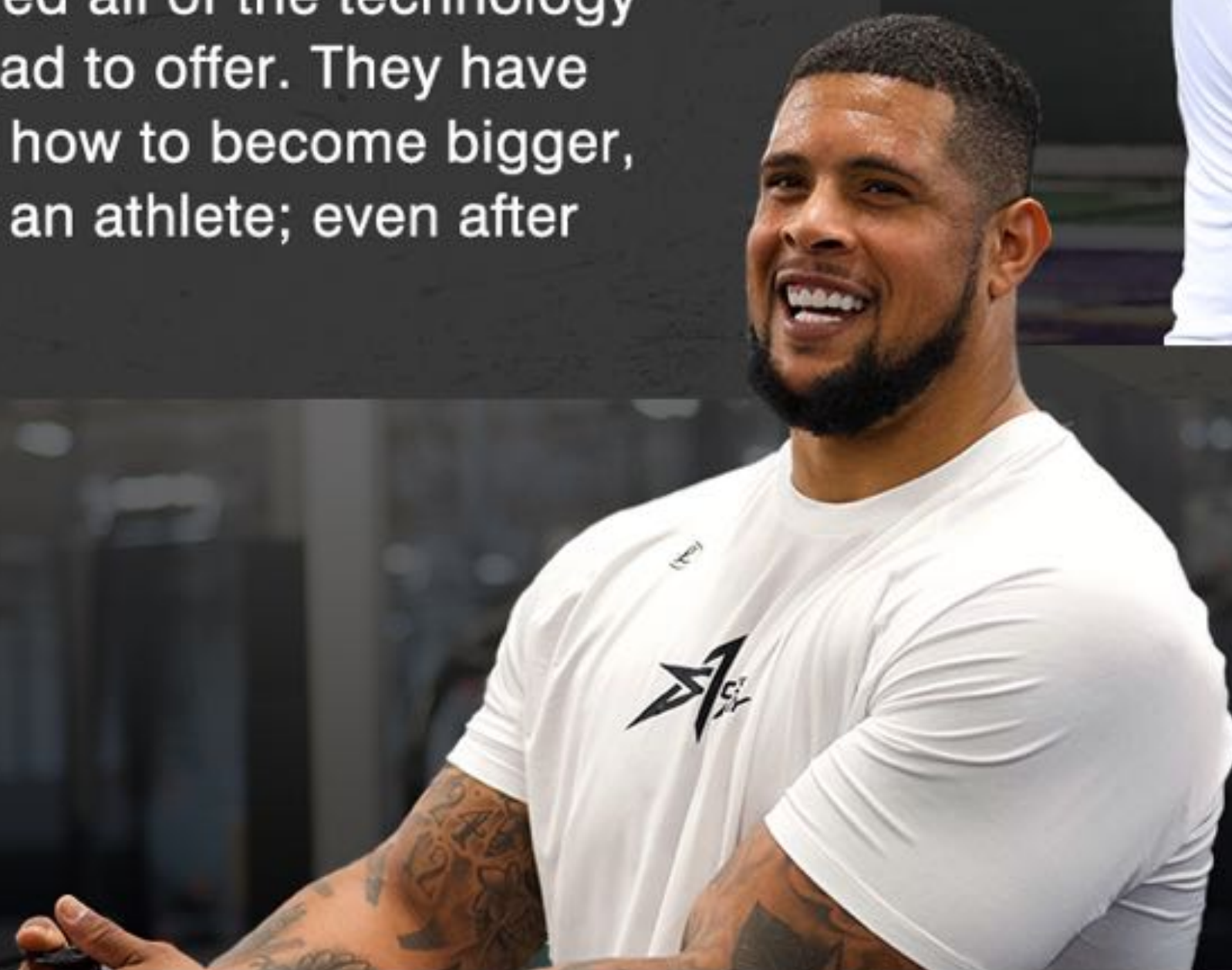
QUINNEN

WILLIAMS



RODGER

SAFFOLD



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“

Sports Academy's performance coaches take time to analyze the athlete as an individual. Then push them to their limits to bring out the absolute best in them. I am not excluded from the masterpiece of this program!



# PROGRESS REPORTS

You are going to improve every day in every way. That's just a fact. That's just a combination of YOUR drive and the **SA METHOD**.

We track that improvement via **PUSH AND EDGE10**. This program, which is easy to access and easy to follow, will offer advanced insights to anyone that you want to have access to it. It will not be available to anyone that you do not want viewing it.

You're about to get better. Let's quantify that improvement for you!







# MULTIMEDIA

This is one of the most important moments in your life, and it goes by in a blink. We know you might want it memorialized, though, either to post on IG now or to look back on later. As such, we will capture the entire process and offer you photos at the end of every day and videos at the end of every week.



“ You look good, you feel good. You feel good, you play good.  
You play good, they pay good. – **Deion Sanders**





# TRAIN THE **SA** WAY

At Sports Academy, we believe in bespoke care, one-on-one attention, and resounding results. As such, we will be limiting the number of participants in this program.



**Do you have the Elite Mentality? Time to find out!**

