

ATHLETES **EDGE**

THE ULTIMATE SPORTS PERFORMANCE SYSTEM

COMBINE TRAINING AND PRO DAY PREP



Athletes Edge Combine Training & Pro Day Preparation



"Athletes Edge has me ready every year!"

Jevon Kearse | DE Tennessee Titans

**"The Athletes Edge took my game
to the next level!"**

Asante Samuel | CB Philadelphia Eagles



**"Athletes Edge teaches the same techniques that I used
throughout my 10 year career"**

Mike Flynn | OL Baltimore Ravens

"Athletes Edge teaches perfect position work"

Samari Rolle | CB Baltimore Ravens



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777 Glades Rd. Boca Raton, FL 33431 | (954) 873-2508 | www.AthletesEdgeTraining.com

OUR FACILITIES

Located on the Florida Atlantic University Campus
Athletes will have access to all the amenities of a major college program



Full length Practice Field and Turf Field
NCAA Standard Track
Video Analysis and film Rooms
Massage Tables
Treatment Room
Football Weight Room
Locker Rooms
Training Rooms
Cold Tubs



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HOUSING



Living Arrangements & Transportation

The Spring Hill & Towne Place Suites by Marriott Boca Raton Florida Hotel is ideally located near the intersection of Glades Road and Interstate-95 next to the Muvico Theatres and Boomers Boca Raton. The Boca Raton Airport (BCT) with Avitat and Boca Aviation FBO's are directly behind the hotel. This Boca Raton hotel is near many attractions including the Town Center Mall, Mizner Park, Morikami Museum and the Boca Raton Art Museum.

Of course the beautiful Atlantic Ocean beaches of Boca Raton and Deerfield Beach are just minutes from the hotel. Golf is plentiful in Boca Raton and our location makes getting to your tee time quick and easy. For the business or education traveler coming to Lynn University, Florida Atlantic University (FAU) or any of the nearby Boca Raton.

Marriott Spring Hill & Towne Place Suites

5130 NW 8th Ave. Boca Raton, FL 33487

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NFL COMBINE

NFL Combine Training Package

Evaluation

The Athletes Edge MAPP Evaluation

Optimum Recovery Sports Nutrition

Blood Type Diet, Supplements,
and Daily Prepared Meals

Athletes Edge Combine Training Protocol

Combine Testing Techniques,
Position Drills, Speed, Agility,
Power & Explosion, and Strength & Conditioning

Recovery

Full Rehab with board certified specialists,
Soft Tissue Massage, Hot Tubs, Cold Tubs,
Yoga, and Pilates

Mental Preparation

Video Analysis, Mental Strength Training,
Wonderlic Test Prep. and Interview Prep.



The Athletes Edge is a sports performance training company committed to building the superior athlete.

We have proven results in training the most elite athletes in the world including, but not limited to, over 150 NFL players. Our goal is to assist each athlete to reach their physical potential in a safe, time efficient manner with an emphasis on hard work and leadership.

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SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	Top End Speed			Top End Speed		
9:30 AM	Acceleration	Change of Direction, Pro Agility	Position Work	Acceleration	Change of Direction, Pro Agility	Position Work
10:00 AM	Vertical Jump	L Drill		40 Technique	L Drill	
10:30 AM	Broad Jump			Vertical Jump		
11:00 AM				Broad Jump		
11:30 AM	Pilates	Yoga		Pilates	Yoga	
12:00 PM	Flexibility	Flexibility	Regeneration	Flexibility	Flexibility	Regeneration
12:30 PM	Regeneration	Regeneration		Regeneration	Regeneration	
1:00 PM	Lunch	Lunch		Lunch	Lunch	
1:30 PM						Massage Therapy
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	Mental Strenght Training	Interview Prep		Mental Strenght Training	Interview Prep	
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM	Upper Body Strength Training	Low Body Strength Training		Upper Body Strength Training	Low Body Strength Max Strenght	
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM	Massage Therapy	Massage Therapy		Massage Therapy	Massage Therapy	
8:00 PM						
8:30 PM						

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MAPP EVALUATION

The Athletes Edge MAPP Evaluation (Medical and Performance Profile)

Optimum Recovery Sports Nutrition

Blood Type Diet: This dietary consideration customizes your foods depending on your blood type to eliminate food allergies and increase absorption rate of amino acids to aid in muscle recovery

Supplements: Protein, Glutamine, Fiber, Amino Acid Mix and Electrolytes. All supplements are NFL, NBA & MLB approved to aid in muscle hydration, repair and recovery and insure elite performance is achieved.

Daily Prepared Meals: Our personal chef prepares up to 5 meals per day to help meet your specific nutrition goals.

M PASS: Medical Sports Screening. The M Pass is performed by a Palm Beach Institute of Sports Medicine physical therapist in which every joint and muscle is tested for weakness, instability and tightness to prevent future injury and ensure peak performance is achieved.

P PASS: Performance Combine Testing. The P Pass is performed by an Athletes Edge sports performance coach and consists of various movement patterns testing to determine any deficiencies in planes of motion. The athlete will also be tested in the 10 & 40 yard dash, L-Drill, Pro-Agility, Broad Jump, Vertical Jump, Bench Press and position specific drills. Combine technique and times will be recorded, analyzed and taught for future improvement.

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Athletes Edge SAPS Combine Training Protocol©

Combine Techniques

Master the 10 & 40 Yard Dash, Pro Agility L-Drill, Broad Jump, Vertical Jump and 225lb Bench Press

Position Specific Drills

Perfect every position drill that is used at the NFL Combine and your schools Pro Day

Speed

Increase closing, breakaway, and top end speed

Agility

Improve first step burst, acceleration, deceleration, and change of direction

Power & Explosion

Transfers strength built in the weight room to on field explosive play

Strength & Conditioning

Intense strength training that focuses on power output, muscular balance and injury prevention intertwined with the energy specific burst conditioning program

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Mental Preparation & Recovery

Mental Strength Training

Asad Mecci and his cutting edge style of hypnosis is no stranger to the mass media. You might have seen Mecci on Much Music, MTV, YTV, and Talk Television or listened as he hypnotized people live on radio stations like CFRB 1010.

From a clinical perspective, Mecci uses hypnosis to accelerate people's careers, reduce stress, enhance communication skills and even stop smoking and lose weight. Mecci has worked with India's junior national tennis team in the area of Peak Performance. He teaches Athletes to use visualization and mental imagery to enhance their abilities on and off the field.

Massage Therapy

Decrease recovery time and enhance each training session by scheduling daily massages.

Yoga

Geared towards increasing flexibility and decreasing recovery time, we encourage at least one yoga session per week when training at this type of intensity.

Pilates

System developed to teach the mind how to properly use the athletes muscles. The focus is on the core postural muscles which helps to keep the body balanced and is essential for supporting the spine.

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