



2022

NFL PRE-DRAFT

PREP



MISSION

The WIN Performance NFL Pre-Draft Prep Training Program's sole mission is to: Maximize Your Probability of WINNING on your pro day! Each and every athlete who enters this program will gain all the necessary tools needed to have a dominant Pre-Draft performance.



**Naquan Jones
Tennessee Titans**



VISION

WIN Performance is recruiting a class of 8-12 Elite Athletes transitioning from College to the NFL. We are looking for athletes willing to put in the effort, discipline and toughness required to play in the world's most competitive sport, at the highest level. These Elite Athletes will benefit from experience, technical expertise and proper behavioral programming aimed to increase the likelihood of achieving their dreams.

KERRY NEAL

CEO/PERFORMANCE COACH



Over the last 11 years, Kerry Neal has played a pivotal role in hundreds of athletes careers. Kerry has built an impressive resume of athletes with levels ranging from youth, high school, collegiate, professional, and Olympics. Kerry founded WIN Performance in the fall of 2019, and his mission is to help everyone WIN and achieve their goals. Kerry's impact on his athletes is undeniable and he has a burning desire to help athletes WIN.

He has created a system that was built to maximize an athletes full potential. A system that develops speed, strength and power combined with his uncanny ability to teach the game he loves, football.

While growing up in the small town of Bunn, North Carolina. He was a High School All-American and national recruit. He committed to the University of Notre Dame, where he was a 4 year starter. As an undrafted free agent he signed and played for the Indianapolis Colts. At University of Notre Dame he received his BS in Sociology. He is now a certified NASE Level II Speed Coach, CPPS Level 1 Coach and a NFL PreDraft Specialist. Kerry has the reputation of knocking .2-3 seconds off of your 40yd dash. In 2016, (New York Jets, Matthias Farley went from 4.83 to 4.45 and Philadelphia Eagles, Kamu Grugier-Hill went from 4.66 to a 4.41)



OUR PROGRAM

NFL Pre-Draft Prep Training Program
aims to optimize an athlete's draft
status by focus on Winning the 7
principles that make an Elite Athlete:

- ★ Power
- ★ Speed
- ★ Strength
- ★ Mobility
- ★ Recovery
- ★ Nutrition
- ★ Position Specific Training

We serve a small group of Elite Athletes so each athlete gets the proper individual attention needed to be fully confident and ready to have a WINNING performance. The entire Pre-Draft program is personalized, tracked and leverages the technology necessary to maximize the athlete's full potential. WIN Performance is the Gold Standard in Performance Training and our athletes will embody that same Gold Standard!



NUTRITION

Athletes will receive FDA approved pre-workout supplements and post-training protein recovery shakes after each session. Each athlete will also receive 2 well-balanced meals prepared daily by our personal chef.

RECOVERY

Athletes will receive a full injury evaluation and movement screening by our certified medical team. A personalized plan will be formulated and executed to maximize their probability of success on pro day. Each athlete's plan will include chiropractic care, physical therapy and massage therapy each week.

MOBILITY

Athletes will participate in weekly pool and mobility sessions every Wednesday in order to decrease the likelihood of injury and improve football specific functional movement.

STRENGTH

Athletes will gain the necessary strength to maximize performance in speed and power drills.



SPEED

"I told Kerry that I wanted to run a 4.3 and he got me there."-Trent Sherfield

Athletes will drop the necessary tenths and hundredths of seconds in the 40-yard dash, 3-cone drill and 20-yard shuttle time by learning and developing proper technique supplemented with video capture technology.

POWER

Athletes will maximize their performance in the bench press, broad jump and vertical jump by increasing their ability to apply maximum force per second. This is achieved through effective training supplemented with leading technology.

POSITION SPECIFIC TRAINING

Athletes will have the luxury of learning from former NFL players and skill coaches. Our coaches will help athletes excel in the position-specific drills by teaching the proper technique, language and giving them true insight about what it takes to make it in the NFL. Athletes will leave here confidently knowing they are fully prepared and ready for the NFL.

MOCK TRAINING SCHEDULE

MONDAY

- Prehab
- Warm Up
- Speed
(Start/Acceleration)
- Lift
(Max Upper)
- Core
- Mobility

TUESDAY

- Prehab
- Warm Up
- Speed
(Change of
Direction/Shuttle/3 Cone)
- Lift
(Max Lower)
- Core
- Mobility

WEDNESDAY

- Pool Work
- Mobility
- Treatment
- Position Skill Work

THURSDAY

- Warm Up
- Speed
(Starts/Acceleration)
- Lift
(Reps Upper)
- Core

FRIDAY

- Warm Up
- Speed
(Top End/Max Velocity)
- Position Skill Work
- Lift
(Dynamic/Lower)
- Core
- Mobility
- Treatment

SATURDAY

- Video Analysis
- Weekly Recap
- Treatments

SUNDAY

Rest



SHAUN CRAWFORD

NOTRE DAME

TEST	PRE TRAINING	PRO DAY SCORE	IMPROVEMENT
BODY WEIGHT	173.6 LBS	185 LBS	+11.4 LBS
40YD DASH	4.82 SECS (Laser)	4.47 SECS	-0.35 SECS
VERTICAL JUMP	24"	35"	+11"
BROAD JUMP	9'1"	9'8"	+0.7"
225 BENCH	1 REP	12 REPS	+11 REPS



RASHAAN MELVIN

NORTHERN ILLINOIS

TEST	PRE TRAINING	PRO DAY SCORE	IMPROVEMENT
BODY WEIGHT	180 LBS	192 LBS	+12 LBS
40YD DASH	4.72 SECS (Laser)	4.42 SECS	-0.30 SECS
VERTICAL JUMP	32"	38"	+6"
BROAD JUMP	9'8"	10'6"	+0.8"
20YD SHUTTLE	4.45 SECS	4.29 SECS	-0.16 SECS



KAMU GRUGIER-HILL

EASTERN ILLINOIS UNIVERSITY

TEST	PRE TRAINING	PRO DAY SCORE	IMPROVEMENT
BODY WEIGHT	199.5 LBS	208 LBS	+8.5 LBS
40YD DASH	4.66 SECS	4.41 SECS	-0.25 SECS
VERTICAL JUMP	33"	38.5"	+4.5"
BROAD JUMP	10'3"	10'9"	+0.6"
20YD SHUTTLE	4.42 SECS	4.20 SECS	-0.22 SECS



TROYMAINE POPE

JACKSONVILLE STATE

TEST	PRE TRAINING	PRO DAY SCORE	IMPROVEMENT
225 BENCH	18 REPS	25 REPS	+7 REPS
40YD DASH	4.61 SECS	4.49 SECS	-0.12 SECS
VERTICAL JUMP	31"	35"	+4"
BROAD JUMP	9'5"	10"	+0.5"



MATTHIAS FARLEY

"Coming out of Notre Dame I wasn't sure if I was going to get an opportunity to continue to play the game of football. After speaking to Kerry, I knew I needed to train with him to have the best shot to pursue my dreams. In the three months leading up to my pro day my body was completely transformed. I continue to train with Kerry in the off season to give myself the best opportunity to be successful on the field."



TRENT SHEFFIELD

"During my NFL Combine training I was pushed to my limits as a football player everyday. Kerry is the BEST at what he does and he is one of the best in the country. He knew my weaknesses and my strengths. He helped me strengthen my strengths and got my weaknesses to become my strengths. The recovery methods is also one of the best with some of the best people in their field helping you get your body in great condition. If you are willing to work at what you want and you are a TRUE pro, you'll get all the results you want come testing day!"



RASHAAN MELVIN

"When it comes to my training I take it very serious. Kerry has been a strong part of my training since I started preparing for the NFL. His knowledge, his drive, and his passion for the game and getting his athletes better is like no other. I tried other training facilities, but nothing compares. He stands on what he believes in and I have trusted him with my career. Truly the best!!!!"

OUR FACILITY





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