





















































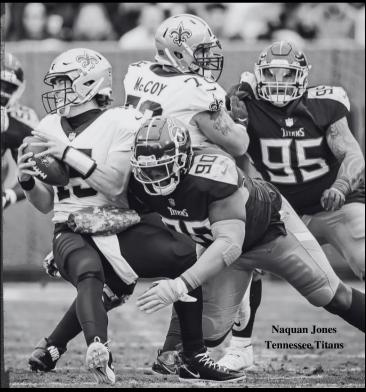






MISSION

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.



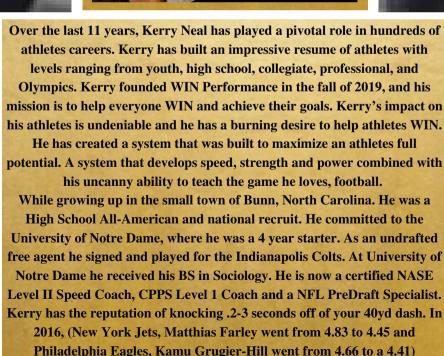


VISION

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.







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:







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 decease 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.



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

TUESDAY

WEDNESDAY

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

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

-Core

-Mobility

-Mobility -Treatment -Position Skill Work

-Pool Work

THURSDAY

-Mobility

FRIDAY

SATURDAY

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

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

-Video Analysis -Weekly Recap -Treatments

SUNDAY

Rest



SHAUN CRAWFORD PRE PRO DAY IMPROVE-**TEST MENT**

TRAINING **SCORE**

BODY

173.6 LBS 185 LBS

+11.4 LBS

4.82 SECS (Laser)

24"

9'1"

1 REP

4.45 SECS

WEIGHT

40YD

DASH

VERTICAL

JUMP

BROAD

JUMP

225

BENCH

4.47 SECS

35"

+11"

-0.35 SECS

9'8"

12 REPS





20YD

SHUTTLE

NORTHERN ILLINOIS PRO DAY PRE **TRAINING SCORE**

IMPROVE-**MENT** 180 LBS **192 LBS**

4.72 SECS 4.42 SECS

38"

10'6"

4.29 SECS

+12 LBS -0.30 SECS

+6"

+0.8"

-0.16 SECS



JACK

KAMU GRUGIER-HILL

EASTERN ILLINOIS UNIVERSITY

ТЕСТ	1	PR	E	AY	IMP

IESI

TRAINING

SCORE MENT

199.5 LBS

4.66 **SECS**

33"

10'3"

4.42 SECS

TROYMAINE

PRE

TRAINING

18 REPS

4.61 SECS

31"

9'5"

JACKSONVILLE STATE

BODY

WEIGHT

40YD

DASH

VERTICAL

JUMP

BROAD

JUMP

20YD

SHUTTLE

TEST

225

BENCH

40YD

DASH

VERTICAL

JUMP

BROAD

JUMP

(Ov

208 LBS

4.41 SECS

38.5"

10'9"

4.20 SECS

PRO DAY

SCORE

25 REPS

4.49 SECS

35"

10"

PROVE-

+8.5 LBS

-0.25 SECS

+4.5"

+0.6"

-0.22 SECS

IMPROVE-

MENT

+7 REPS

-0.12 SECS

+4"

+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 SHEFIELD

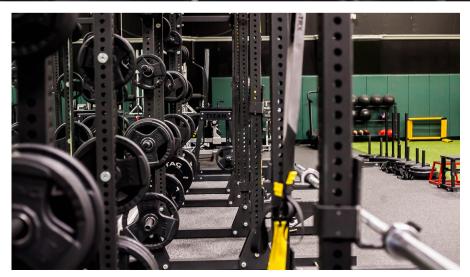
"During my NFL Combine training I was pushed to my limits as a football player everyday. Kerry is the BEST at what he does and he is one of the best in the country. He knew my weaknesses and my strengths. He helped me strengthen my strengths and got my weaknesses to become my strengths. The recovery 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









1660 Old Skokie Road Highland Park, IL 60035 Kerry Neal: (252) 915-5959 winsportsperformance.com

