2013
NFL Combine Performance Training Program

Tap Into Your Potential

PROEDGETRAIN.COM
The Pro Edge Mission

“At Pro Edge Performance Training athletes are pushed to reach their full potential each day. Through a combination of experienced instruction, a high energy training environment and advanced equipment, athletes will train to compete at their highest level. Pro Edge focuses on enhancing athletes speed training, power training, physical therapy and nutritional support. We prepare athletes not only to achieve optimum results at the Combine but for their future in the NFL.”

-Derek Kennard Jr., Pro Edge Founder

"Coming off ankle surgery and on a short timeline to preform, I wasn’t sure how my injury would be handled. But I was quickly comforted by the attention to detail and planning I received from the Pro Edge staff while training. They made it clear that their number one priority was getting me healthy, while also pushing further everyday making sure I would be ready for my Pro Day."

-Jake Soy, WR
Pro Edge Allows Athletes to Tap Into Their Potential

**Speed Training**
Speed Training partnered with agility training will increase overall speed along with multidirectional speed abilities. These skills will transfer into increased performance in combine skills including in the 40-yard dash, 20-yard shuttle, L-drill and the 3-cone drill.

**Power Training**
Strength in combination with power are key components to perform on the field and during your 2013 Pro Day. Pro Edge gives each athlete the knowledge needed to maximize their overall strength potential. Focus will be placed on both the upper and lower body allowing for full body explosiveness. Power training is the key to top performance in the 225 bench press and vertical jump measuring.

**Position Specific Training**
Pro Edge features a wide range of position specific coaches whose expertise guide athletes toward performing at their highest level.
The Pro Edge Advantage

Physical Therapy
At Pro Edge we work to manage old injuries while preventing new injuries. Athletes will be given the proper one-on-one care needed to keep their body working at its full potential.

Nutritional Support
Nutrition partnered with physical training allows athletes to perform to their fullest potential while training for the combine. Full nutritional plans will be provided to each athlete throughout the duration of the Prep course. This customized plan takes into account the athlete’s position, body type, and individual goals. Correct attention to nutrition will assist athletes in gaining muscle, decreasing body fat, while maintaining strength.

I came to pro edge weighing 278 pounds and left weighing 304 pounds. I came in as an undersized and under the radar offensive tackle trying to make it in the NFL. I knew I could do it as did the staff of the pro edge training facility. They saw the potential and took full advantage of what I had to offer. I've never worked so hard and never seen such outstanding results. By the end of my training I was in the best physical shape I had ever been in with an extra 25 pounds. My numbers at the pro day listed at the top of the charts in all the combine drills and tests. I had the fastest 40 yard dash and hit 41 reps of 225. Compared to 30 when I first started training with Pro Edge. Tap into your potential!

-Dan Knapp, Oakland Raiders
Combine Prep Class of 2012

Dan Knapp, OT
Arizona State University
Oakland Raiders

Terrell Rosonno
University of Missouri
Minnesota Vikings

Jake Soy, WR
Northwest Missouri State

Cameron Kastl, Long Snapper
Arizona State University

“I walked into my collegiate pro day and heads turned. I went from under the radar to all over the map! My numbers at the pro day listed at the top of the charts in all the combine drills and tests. I don't care where I go or what I do when it comes time to hitting the grind and getting into top physical shape there is no other place I would go. I trust there technique, methods, and personnel.”

-Dan Knapp
Oakland Raiders, OL
Pro Edge has the ability to provide athletes with all the facilities necessary for success. Athletes have access to state of the art treadmills, plyometric tools, weight lifting facilities and field training. Arizona provides optimum training conditions for athletic training.

Accommodations
Athletes will be given the opportunity to enjoy staying in suites just minutes from the training facilities. Each suite comes equipped with a full kitchen, living room, and separate sleeping area.
Notable NFL Pro Edge Athletes

- Lance Briggs
- Nate Burleson
- Tank Johnson
- Bobby Wade
- Dennis Northcutt
- Bernard Berrian
- Jeremy Bridges
- Brandon Johnson
- Maurice Mann
- Terrell Resonno
- Will Davis
- Ken Iwemba
- Deuce Lutui
- David Terrell
- Gabe Watson
- Andrae Thurman
- Brian Hernandez
- Dan Knapp
Participant Contact Information

Name _______________________________________ Age ________ Date of Birth_______________________

College Team ________________________________ Position _______________________________________

Address _____________________________________ City ____________________ State______ Zip_________

Cell _______________________ Home ___________________ E-mail _________________________________

Emergency Contact Info

Primary Contact Name ______________________ Secondary Contact Name _______________________

Relation to Athlete__________________________ Relation to Athlete___________________________

Phone____________________________________ Phone _____________________________________

Agent’s Name: _____________________________ Agent’s Phone: ________________________________

TAP INTO YOUR POTENTIAL
NFL Combine Training Program Terms

To: ___________________________________________

(Print Athlete’s Name)

Welcome to Pro Edge Performance Training’s NFL Combine Training Program!

We at PRO EDGE PERFORMANCE TRAINING undertake the responsibility to provide you with expert instruction, a high-energy environment, state-of-the-art equipment and a top-rate facility (as outlined in the “Pro Edge Performance Combine Training Packet”) so that you may prepare yourself for the NFL Scouting Combine. By signing below, you acknowledge that you have received and reviewed the Pro Edge Performance Combine Training Packet and agree to the following terms:

**Release and Waiver of Liability:** You represent that you are physically and mentally fit to participate in the Program and that, prior to participation in the Program, you have consulted your physician regarding any limitations or medical risks that you may have in relation to your participation in the Program and certify that you are free from any such limitations or medical risks. You further agree that sports training, physical exertion and the Program involve certain risks and serious bodily injury may occur. With full knowledge of the potential for the risk of bodily injury, you voluntarily choose to participate in the Program and hereby release and waive all liability on behalf of PRO EDGE PERFORMANCE TRAINING and its employees, executives or agents for any bodily injury of any kind suffered as a result of your participation in the Program.

**Photo, Video, Audio Release:** To market, advertise and promote the Program and PRO EDGE PERFORMANCE TRAINING, we may take photographs and record video and audio during the Program or other facility events in which you participate. You hereby consent to the taking of such photographs and video and audio recordings and waive your right to any claim of ownership or compensation for your appearance in such photographs, video or audio recordings.

**Code of Conduct:** You agree that PRO EDGE PERFORMANCE TRAINING may dismiss you at any time for misconduct or actions that it deems inconsistent with its philosophy or practices, or if you have (or are feared to have) a contagious disease or illness that places other Program participants at risk. In the event of a dismissal, you hereby waive all claims to which you may be entitled against PRO EDGE PERFORMANCE TRAINING. Prorated refunds are provided to participants dismissed due to illness or disease but not misconduct.

**Program Property Rights:** The Program may include proprietary instruction, data, techniques, materials, methods, manuals and other information, all of which you agree is the sole property of PRO EDGE PERFORMANCE TRAINING and may not be used, replicated, disclosed, retained, published or sold without prior written consent from PRO EDGE PERFORMANCE TRAINING.

**Combine Program Costs:** You agree to be held fully responsible for the all costs of the Program if your agent or representative fails to pay PRO EDGE PERFORMANCE TRAINING in full.

**Governing Law:** This Agreement shall be governed by the laws of the state of Arizona and any disputes relating to the content herein shall be brought in a court within Maricopa County, Arizona.

**AGREED and ACCEPTED by:**

Athlete’s Signature

________________________________________
Date __________________

Agent acknowledges and consents to their athlete-client signing this form by initialing here: ______

TAP INTO YOUR POTENTIAL
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PROEDGETRAIN.COM