

2016 NFL DRAFT PREP



Presented by



PARABOLIC





Enhance every drill and skill for the NFL Combine



“Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.”

– Lou Holtz





PARABOLIC

Parabolic offers a unique combination of sports medicine and sports performance training, with services to meet the needs of the professional athlete. At Parabolic Performance & Rehabilitation, each client has access to elite physical therapists as well as top sports performance trainers. This combination of experts allows the Parabolic team to identify key areas for improvement, and work together to develop the most effective training or treatment plan. Parabolic's innovation integration of the most forward-leaning therapy techniques and training programs results in truly remarkable advancements and outcomes for each and every client.

The guiding principles at Parabolic help provide a personalized service that results in the highest quality performance training and physical therapy available. As a Parabolic Performance & Rehabilitation client, each athlete receives one-on-one time with their therapists and performance coaches than they'd get at any other facility. Parabolic emphasizes the quality of service over quantity of clients because this approach achieves the best results.

All of Parabolic's sports performance specialists are nationally certified, and all of Parabolic's physical therapists hold a Doctorate of Physical Therapy. Parabolic is confident that it can provide the highest level of sports medicine and sports performance care available in the world. That's a big statement – but one that Parabolic doesn't hesitate to make.

Beginning in December of 2014, Parabolic joined forces with Coach Brian Martin, who has trained over 200 NFL players over the last 23 years. In 2015, Parabolic added Jon Torine to the TEAM. Jon is the former Head Strength & Conditioning Coach for the Indianapolis Colts for 14 years. The mission for the Parabolic NFL Draft Prep program is to provide a position specific and 100% personalized training experience for every athlete who comes through Parabolic's doors. The goal is to drive each athlete up the draft board, up the depth chart and to extend and enhance careers by providing a world-class experience in position specific strength & conditioning, speed, mental, nutritional, medical & scientific resources.

NFL SCOUTING COMBINE

40-YARD DASH

The forty remains the biggest of all tests. While its significance has wavered in recent years in terms of a poor showing hurting draft status it is still where decisions can be made and suspicions confirmed. The training goal is to optimize current capabilities reprogramming athletes nervous systems to increase running efficiency.



3-CONE DRILL

The 3 cone drill will highlight an athlete's ability to maintain and contain movement speeds in confined spaces while navigating turns under pressure. This test should not be run the same by all athletes and our methods will align the appropriate technique for the individual athlete.



PRO AGILITY

The 20 yard shuttle is designed to test lateral speed, power and coordination. The money in this test is made coming in and out of the cuts. How an athlete angles in and out of cuts will determine movement efficiency, speed and times. Teaching the athlete how to leverage the ground to their advantage is paramount in ensuring weight room gains are transferred to test execution.



NFL SCOUTING COMBINE

225 BENCH REP TEST

The 225 bench test is a measure of strength endurance. Repetition testing is a skill that has to be developed. The test should last anywhere from 30 to 40 seconds so athletes must be adequately conditioned to sustain power output for this period of time. Athletes will train across the full strength/speed spectrum for this test encompassing max strength days, dynamic effort days and speed/test days.



BROAD/VERTICAL JUMP

The jump tests provide an indication of starting or explosive strength, the rate at which an athlete can produce relative to their body mass. There is an understood correlation between the jumps and an athlete's ability to accelerate in any given direction. These tests showcase raw athleticism with the numbers then used (within an equation) to demonstrate individual power output/wattage.



POSITION SPECIFIC

The team of coaches drill the players on combine position specific drills and routes almost daily. We also conduct Video Analysis sessions that speed up the learning curve and help the player develop more consistency and perfection in preparation for these tests. Our experience on the field and off proves to be priceless for these college athletes looking to make an NFL roster.



Athletes Trained by our World Class Coaches

QUARTERBACKS:

Peyton Manning, QB

Indianapolis Colts / Denver Colts / NFL MVP / Super Bowl MVP

Joe Flacco, QB

Baltimore Ravens / Super Bowl MVP / Drafted in 1st Round

Brian Hoyer, QB

Cleveland Browns

Mark Sanchez, QB

New York Jets / Philadelphia Eagles

Trevor Siemian, QB

Denver Broncos

RUNNING BACKS:

Edgerrin James, RB

Indianapolis Colts

Andre Williams, RB

New York Giants

Stevan Ridley, RB

New England Patriots / New York Jets

Brandon Bolden, RB

New England Patriots

Joe McKnight, RB

Kansas City Chiefs

Michael Burton, FB

Detroit Lions

Kyle Juszczyk, FB

Baltimore Ravens

TIGHT ENDS:

Zach Miller, TE

Jacksonville Jaguars / Chicago Bears

Dallas Clark, TE

Indianapolis Colts

Will Tye, TE

New York Giants

WIDE RECEIVERS:

Reggie Wayne, WR

Indianapolis Colts

Jericho Cotchery, WR

Carolina Panthers

Marvin Harrison, WR

Indianapolis Colts

Jeremy Ross, WR

Detroit Lions

OFFENSIVE LINE:

Ryan Clady, OT

Denver Broncos

Louis Vasquez, OG

Denver Broncos

Vladimir Ducasse, OG

New York Jets / Minnesota Vikings

Jeff Saturday, C

Indianapolis Colts

DEFENSIVE BACKS:

Patrick Peterson, CB

Arizona Cardinals / Drafted 5th Overall

Kyle Wilson, CB

New York Jets / Drafted in 1st Round

Antwon Blake, CB

Pittsburgh Steelers

Stevie Brown, S

New York Giants

Chykie Brown, CB

Baltimore Ravens / New York Giants

Shamarko Thomas, S

Pittsburgh Steelers

Micah Hyde, S

Green Bay Packers

Bob Sanders, S

Indianapolis Colts

DEFENSIVE LINE

Damon "Snacks" Harrison, DT

New York Jets

Terrance Knighton, DT

Denver Broncos / Washington Redskins

Dwight Freeney, DE

Indianapolis Colts

Barry Cofield, DT

New York Giants / Washington Redskins

Kenrick Ellis, DT

New York Jets / Minnesota Vikings

LINEBACKERS:

Arthur Moats, LB

Pittsburgh Steelers / Buffalo Bills

Bart Scott, LB

Baltimore Ravens / New York Jets

Terrance Garvin, LB

Pittsburgh Steelers

Tahir Whitehead, LB

Detroit Lions

Demario Davis, LB

New York Jets



*Positional Training -
Learning techniques
from real pros.*

*Physical Therapy -
Cutting edge science
to enhance recovery
in the fastest time
possible.*



*Regeneration -
We believe in
working hard,
and resting harder!*

COACHING & SUPPORT STAFF

QUARTERBACKS:

Jay Fiedler, QB

Miami Dolphins / New York Jets

RUNNING BACKS:

Darian Barnes, RB

Tampa Bay Bucs / New York Giants
New York Jets / Super Bowl Champion

WIDE RECEIVERS:

Donald Jones, WR

Buffalo Bills

Brandon London, WR

New York Giants / Miami Dolphins

OFFENSIVE LINE:

Billy Ard, OL

New York Giants / All - Century
Super Bowl Champion

Donny Klein, OL

Temple University / Philadelphia Soul

DEFENSIVE LINE:

Curtis McGriff, DL

New York Giants

Anthony Gargiulo, DE

Dartmouth University / CFL
Pass Rush Specialist

DEFENSIVE BACKS:

Aaron Beasley, DB

Jacksonville Jaguars / New York Jets

LINEBACKERS:

Al Singleton, LB

Tampa Bay Bucs / Dallas Cowboys

PERFORMANCE TRAINING:

Brian Martin, CSCS

NFL Program Director

Jon Torine, CSCS

Former Head Strength Coach
Indianapolis Colts

Justin Moore, CSCS

NFL Combine Coordinator

Angelo L. Todaro, CSCS

Performance Director

DAILY TRAINING SCHEDULE

Monday, Tuesday, Thursday & Friday

7:00am	Wake Up and Breakfast (on own)
9:15-10:30am	Field Session Speed/Agility Work
11:00-12:00pm	Lunch (on own)
1:00-3:00pm	Lift Group
3:00-5:00pm	Physical Therapy or Correctives
5:30pm	Dinner (on own)
9:55pm	Lights Out

Wednesday Recover and Regeneration Day

Saturday Conditioning - 6:30am
(Various Locations)

Sunday OFF - Rest, Hydrate & Family Time

TESTIMONIALS

"It's like an NFL program, the way we are coached, the discipline that we have to have...it's all about business here."

***– Michael Burton, FB
Detroit Lions***

"I have gotten faster, leaner, stronger and enhanced my mental aspect at Parabolic."

***– Damon "Snacks" Harrison, DL
New York Jets***



PARABOLIC

PARABOLIC PERFORMANCE & REHABILITATION, LLC NFL Draft Prep Reservation

NFL Prospect Name:		Phone:	
Agent Name:		Phone:	
School:			
Position:		Height:	Weight:
Weight:			
Awards:		Goals:	
Medical Concerns:			
PROGRAM TYPE: NFL Draft Prep			
Program Deposit:			
\$1,000 due by 11/30/15		Check:	
Balance due prior to January 3, 2016		Cash:	
Single Payment:		CC:	
Discounts to be applied: \$1,000 will be deducted from Elite Package if registered for slot by 11/30/15. A maximum of 32 slots will be provided in New Jersey. Space is limited and slots will be reserved on a first time, first served basis.			
Program Start Date: 1/4/16 or sooner if player has completed their season.			

Agent Signature: _____

Client Signature: _____

Parabolic Management Signature: _____

New Jersey Training Facility



Monmouth County
Minutes from the Jersey Shore
32,000 Square Feet
Largest NFL Draft Prep Facility in the Northeast



PARABOLIC

Brian Martin / brian@goparabolic.com

NFL Program Director

Parabolic Performance & Rehab / Direct Cell: 201.704.2300

www.goparabolic.com



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