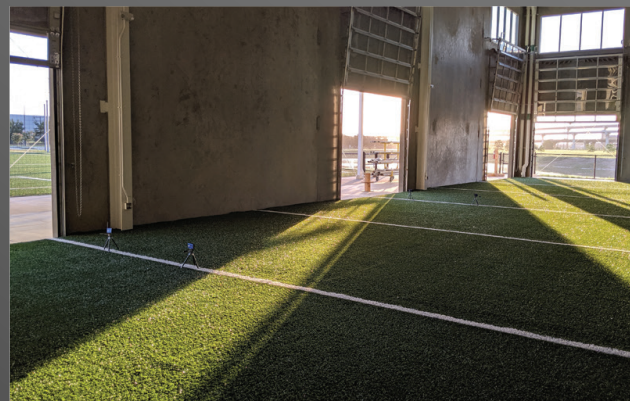
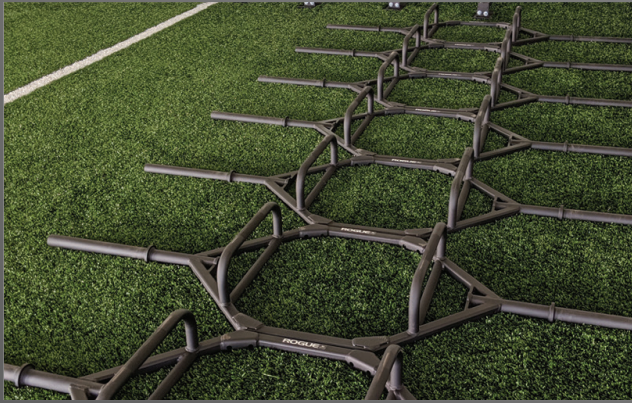


COMBINE
& PRO DAY
TRAINING PROGRAM



YOUR COMBINE AND PRO DAY TRAINING LOCATION

Houston, TX



Athlete Training and Health

Memorial Herman Sports Park
23910 Katy Freeway
Katy, TX 77494

ATHLETE TRAINING AND HEALTH CLIENTS

MYLES GARRETT CLEVELAND BROWNS
DEFENSIVE END

MICHAEL BROCKERS LOS ANGELES RAMS
DEFENSIVE END

JOHN FRANKLIN-MYERS NEW YORK JETS
DEFENSIVE END

TED GINN, JR.
NEW ORLEANS SAINTS - *Wide Receiver,
Return Specialist*

ISAAC WHITNEY
HOUSTON TEXANS - *Wide Receiver*

TANK CARRADINE
Defensive End

BRAXTON MILLER
Wide Receiver

CECIL SHORTS III
Wide Receiver

JASPER COLLINS
BC LIONS - *Wide Receiver*



WHY ATH?

THE DIFFERENCE IS OBVIOUS

At Athlete Training and Health (ATH), our mission is to utilize the best practices of health and performance to provide a world-class training environment.

- » Full-time coaches that are highly educated and passionate about sports performance training
- » World-class training facilities with advanced pro-style weight rooms
- » Partners with one of the world's top-ranked sports performance institutes — Auckland University of Technology, New Zealand
- » Unique collaborative relationships with local healthcare systems creates an environment for our athletes to receive full-spectrum, holistic training and care



FACILITIES

ATH has facilities throughout Texas, which have been home to professional athletes since 2012. Our newest location, opened in Katy the summer of 2019, will be home to your Combine and Pro Day training program.

- » 50k sq ft facility in a multi-field sports park
- » Equipped with indoor and outdoor turf
- » State-of-the-art training equipment and technology for testing and enhancing athletic development
- » Pro-style weight room
- » Designated athlete recovery room
- » Locker room with showers
- » Memorial Hermann IRONMAN Sports Medicine Institute on-site
- » UT Physicians Orthopedics on-site
- » Nutritional consultations and meals available



SPORTS MEDICINE SERVICES



MEMORIAL
HERMANN

Memorial Hermann Sports Medicine support team are led by a professional staff of therapists and athletic trainers alongside ATH specialists who define performance as the ability to perform at your full potential. This includes a combination of exercise, strength training, gait analysis, manual therapy techniques and education to promote maximum health and athletic performance.

A comprehensive suite of orthopedic services are available on site to help athletes perform at their highest level:

- » Therapy for soft-tissue injuries & prevention techniques
- » Tape, ice & heat, compression, electrical muscle stim, therapeutic ultrasound
- » FMS & Y-Balance testing
- » Sports nutrition services

TRAINING PROGRAM



» ASSESS AND IMPROVE

After conducting a pre-training performance assessment for the athlete we develop the individual's training plan emphasizing optimal movement, speed, strength and power. By teaching and instilling proper techniques, we prepare the athlete to perform at the highest level at the Combine, Pro Day and camp.

» AREAS OF FOCUS

- Advanced performance assessment
- Integrated training including testing, training, recovery, nutrition, physical therapy and life skills
- Consultations with experts in each of their respective fields to enhance peak performance
- Combine Drill Prep
- Linear & Multi-Directional Speed Development
- Combine Strength Development

» DAILY TRAINING SCHEDULE EXAMPLE

8:00	Arrival and breakfast
8:30	Pre training monitoring / Mental prep
9:00	Movement prep, speed and position skills*
11:30	Regeneration
12:00	Lunch
1:30	Speed film review
2:00	Strength and power development
3:30	Regeneration / ATC services

** Subject to change*

PART TIME TRAINING PACKAGES ARE ALSO AVAILABLE. PLEASE CALL FOR DETAILS.



CHRIS SLOCUM
Athletic Performance Director

YOUR COMBINE & PRO DAY PERFORMANCE COACH

Chris, originally from Cleveland Ohio, joined Athlete Training and Health in May 2016. As the Athletic Performance Director at our Katy, Texas location, Chris leads our Combine and Pro Day training program.

Chris has been all over the collegiate strength and conditioning realm. He has worked at the University of Houston, Houston Baptist University, Louisiana State University and The Ohio State University. During his collegiate experience Chris worked with teams and athletes from a variety of sports including football, men's and women's lacrosse, men's and women's soccer, baseball, wrestling, hockey, basketball and track and field.

Along with working in the collegiate sector, Chris has also spent time in the private sector working with and learning from coaches who train specifically for NFL Combine and Pro Days. Chris is certified through Under Armour as a certified Combine Training Coach. Chris has worked with Cecil Shorts III, Quenton Bundarage, Jasper Collins, Ted Jinn Jr., Braxton Miller, Isaac Whitney, Jay Christophe, Blake Jackson, Moran Norris and Linell Bonner, to name a few.

Chris completed his undergraduate degree in Exercise Science from The University of Mount Union where he played football and ran track for the Raiders. Chris completed his Masters in Education with an emphasis in Administration from Houston Baptist University where he was the Director of Olympic Sports. He is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA), Strength and Conditioning Coach Certified (SCCC) through the Collegiate Strength and Conditioning Association (CSCCa) and is a certified Sports Performance Coach through United States Weightlifting (USAW). Chris is a professional mixed martial arts fighter and competes international in Judo and Jujitsu.



MEMORIAL
HERMANN



UT★Physicians
A Part of UTHealth

KEISER®

AthleteTrainingandHealth.com

Call for additional details and package options.

Chris Slocum

Athletic Performance Director

216.509.1170

CSlocum@AthleteTH.com

Athlete Training and Health at the Memorial

Hermann Sports Park

23910 Katy Freeway - Katy, Texas 77494

