

BOOST  *Performance*

P R E - D R A F T T R A I N I N G

Facilities



BOOST FitClub, home of BOOST Performance, is the perfect place for an athlete to prepare for the next level. Our 90,000-square-foot campus houses everything an elite athlete needs. From our 75-yard indoor turf field to such in-house resources as massage therapist, yoga instructor, chef, and athletic trainer / PT, BOOST offers it all in one convenient location.

2020

DRAFT

RESULTS

6 DRAFT PICKS

12 FREE AGENT CONTRACTS





JOHN SIMPSON



BRYCEN HOPKINS



DARNELL MOONEY



NETANE MUTI



CHRIS CLAYBROOKS



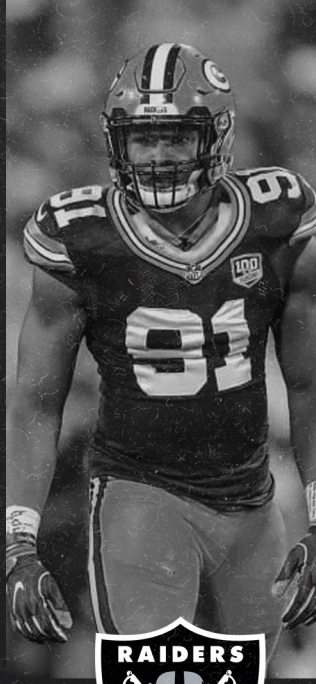
LACHAUIOUS SIMMONS



JOEL IYIEGBUNWE



JA'WHAUN BENTLEY



HENDALL DONNERSON



HOREY CUNNINGHAM



DREW FORBES



STEPHEN DENMARK



WHEN I STARTED THIS JOURNEY I HAD THE OPPORTUNITY TO TRAIN JUST ABOUT ANYWHERE BUT I TOLD MY AGENT I WANTED TO BE SOMEWHERE THAT WOULD ALLOW ME TO FOCUS FULLY ON THE NEXT STEP OF MY CAREER WITHOUT ANY DISTRACTIONS. HE RECOMMENDED BOOST AND IT ENDED UP BEING A GREAT DECISION FOR ME. FROM THE GUIDANCE I RECEIVED FROM MY POSITION COACH, BRAD HOPKINS, TO THE DETAIL AND CARE I RECEIVED FOR MY OWN PERSONAL SITUATION ONLY HAVING 5 WEEKS TO TRAIN AFTER THE NATIONAL CHAMPIONSHIP GAME AND SENIOR BOWL WEEK I COULDN'T BE MORE THANKFUL FOR MY TIME AT BOOST.

JORDAN AND HIS STAFF PUSHED ME ON A DAILY BASIS AND GAVE ME THE TOOLS I NEEDED TO BE SUCCESSFUL."



I REALLY APPRECIATE JORDAN AND BOOST PERFORMANCE FOR TAKING THE TIME TO HELP FULLY PREPARE ME FOR MY JOURNEY TO THE NFL. HE OFFERED GREAT INSIGHT AND DEPTH INTO THE TECHNIQUE OF OUR DRILLS AND MOVEMENTS THAT GAVE CLEAR SUPERIOR RESULTS WHEN COMPARED TO FACILITIES ACROSS THE COUNTRY.

HE MADE IT EASY TO LEARN, AS WELL AS CREATED A FUN AND HARDWORKING ENVIRONMENT THAT ALLOWED ME TO THRIVE WHILE ENJOYING MY TIME THERE. HUGE THANKS TO HIM AND HIS STAFF FOR HELPING ME GET TO WHERE I AM TODAY!"



JOHN
SIMPSON



4TH ROUND PICK [109]
LAS VEGAS RAIDERS

BRYCEN
HOPKINS

4TH ROUND PICK [136]
LOS ANGELES RAMS





I LOVED MY TIME AT BOOST. JORDAN WAS ONE OF THE FIRST PEOPLE TO EVER REACH OUT TO ME IN THIS PROCESS AND BUILT A RELATIONSHIP WITH ME OVER A YEAR OR SO. WHEN IT CAME TIME TO SELECT MY AGENT AND THEY SUGGESTED BOOST IT WAS A NO BRAINER FOR ME. FROM THE POSITION TRAINING AND THE MEALS TO THE PREPARATION AND PLAN JORDAN AND THOSE GUYS HAD FOR ME WHEN I GOT THERE IT REALLY ALLOWED ME TO MAXIMIZE MY POTENTIAL AND TEST WELL IN INDIANAPOLIS AT THE COMBINE.

I RAN A 4.38 AT THE COMBINE AND I CAN REALLY ATTRIBUTE THAT TO WHAT JORDAN DID WITH ME AND THE PLAN HE HAD ALL THE WAY UP TO THE SECOND I TOOK THE LINE. LOVE BOOST AND WILL DEFINITELY BE TRAINING WITH THEM DURING MY OFFSEASONS TOO!"



MY EXPERIENCE AT BOOST WAS AMAZING. BEING FROM HAWAII AND PLAYING AT FRESNO STATE IT WAS WAY BETTER THAN I COULD HAVE EXPECTED. THEY HAD EVERYTHING THAT WAS IMPORTANT TO ME AND NEEDED FOR ME TO SUCCEED. THE WEIGHT TRAINING, SPEED TRAINING, NUTRITION AND RECOVERY PROCESS WAS SECOND TO NONE.

JORDAN AND HIS STAFF ARE ALWAYS PUSHING US TO COMPETE AND TO BE THE BEST WE CAN EVERYDAY WE WALK IN THE FACILITY AND I FELT I WAS ABLE TO MAKE THE MOST OF MY TRAINING EXPERIENCE BECAUSE I CHOSE TO COME TO BOOST!"



DARNELL
MOONEY



5TH ROUND PICK [173]
CHICAGO BEARS

NETANE
MUTI

6TH ROUND PICK [181]
DENVER BRONCOS





BEING FROM NASHVILLE I WASN'T REAL EXCITED ABOUT THE IDEA OF COMING HOME TO TRAIN. JORDAN LET ME KNOW FROM DAY 1 HE WOULD HELP ME STAY FOCUSED AND DROWN OUT THE DISTRACTIONS. EVERYDAY HE STAYED ON ME AND HELPED ME STAY FOCUSED ON THE GOALS. IVE ALWAYS BEEN FAST BUT JORDAN AND HIS STAFF HELPED ME TO TAP INTO ANOTHER LEVEL AND MAXIMIZE MY RESULTS WITH A 4.25 40.

I'M EXTREMELY THANKFUL I MADE THE DECISION TO STAY HOME AND TRAIN WITH THEM. IT'S THE BEST DECISION I COULD HAVE MADE."



JORDAN REACHED OUT TO ME OVER A YEAR BEFORE MY SENIOR YEAR ABOUT TRAINING WITH THEM FOR PRE-DRAFT TRAINING. HE STAYED ON ME AND ANSWERED ALL MY QUESTIONS THROUGHOUT THE PROCESS AND HELPED ME UNDERSTAND WHAT BOOST COULD DO TO HELP ME. HE NEVER PUT ANY PRESSURE ON ME BUT HELPED ME UNDERSTAND THE BENEFITS OF TRAINING THERE. I WAS EXTREMELY COMFORTABLE WITH MY DECISION AND COULDN'T HAVE HAD A BETTER EXPERIENCE. I MADE RELATIONSHIPS THAT WILL LAST LONG PAST COMBINE TRAINING WITH THE STAFF AND THE OTHER PLAYERS. I LEARNED A LOT FROM MY POSITION COACH AND IMPROVED MY BODY AND TESTING RESULTS A LOT THROUGHOUT THE PROCESS.

I'M EXTREMELY THANKFUL FOR BOOST AND FEEL PREPARED FOR THIS NEXT STEP."



CHRIS CLAYBROOKS

7TH ROUND PICK [223]

JACKSONVILLE JAGUARS



LACHAVIOUS SIMMONS

7TH ROUND PICK [227]

CHICAGO BEARS



IMPROVEMENT
AVERAGE
+ BESTS

ALL-TIME
BESTS AT BOOST

40 YARD DASH **-.30** SECONDS **-.47** SECONDS
2 PLAYERS

BENCH **+8** REPS **+20** REPS

VERTICAL **+4.5** INCHES **+8.5** INCHES

BROAD **+7** INCHES **+14** INCHES
3 PLAYERS

SHORT SHUTTLE **-.31** SECONDS **-.73** SECONDS

3 CONE **-.41** SECONDS **-.97** SECONDS

	40	VERT	BROAD	225	SHORT SHUTTLE	3CONE
QB	J. PARK 4.72	D. ANDERSON 36"	D. ANDERSON 10"	X	D. ANDERSON 4.19	D. ANDERSON 6.89
RB	K. BLASINGAME 4.50	K. BLASINGAME 38"	K. BLASINGAME 10'11"	D. KNOX 32	K. BLASINGAME 4.13"	K. BLASINGAME 6.89
WR	D. MOONEY 4.38	J. PEARSON 41.5	C. PANKEY 10'9"	J. PEARSON 23	K. WILKERSON 4.06	C. SCOTT 6.56
TE	M. DEANE 4.44	M. DEANE 34.5	3 @ 10'2"	C. STANDBERRY 25	D. LUCERO 4.18	D. LUCERO 6.85
OL	D. FORBES 4.87	K. CUNNINGHAM 35.5	K. CUNNINGHAM 9'11"	N. MUTI 44	A. BREWER 4.50	M. MCCANN 7.50
DL	K. DONNERSON 4.41	K. DONNERSON 40	K. DONNERSON 10'11"	T. WHARTON 35	K. DONNERSON 4.37	K. DONNERSON 7.08
LB	A. PATRICK 4.51	A. PATRICK 39.5	A. PATRICK 10'3"	J. BENTLEY 35	G. SCHOLATO 4.12	E. SMITH 6.82
DB	C. CLAYBROOKS 4.25	S. DENMARK 43.5	C. WATKINS 11'	R. GRIMSLEY 23	B. PRICE 4.06	M. ABERNATHY 6.60

STARTS

PROPER PROGRAM

BOOST PRE-DRAFT TRAINING FULL-SERVICE PROGRAM INCLUDES:

MOVEMENT ASSESSMENT WITH
INDIVIDUALIZED TRAINING
PROTOCOL

COMBINE/PRO DAY SPECIFIC SPEED
AND STRENGTH TRAINING PROGRAM

INDIVIDUALIZED NUTRITION PROGRAM

WEEKLY POSITION SPECIFIC TRAINING
LED BY POSITION COACHES

FILM REVIEW

SPORTS PSYCHOLOGY

MASSAGE THERAPY

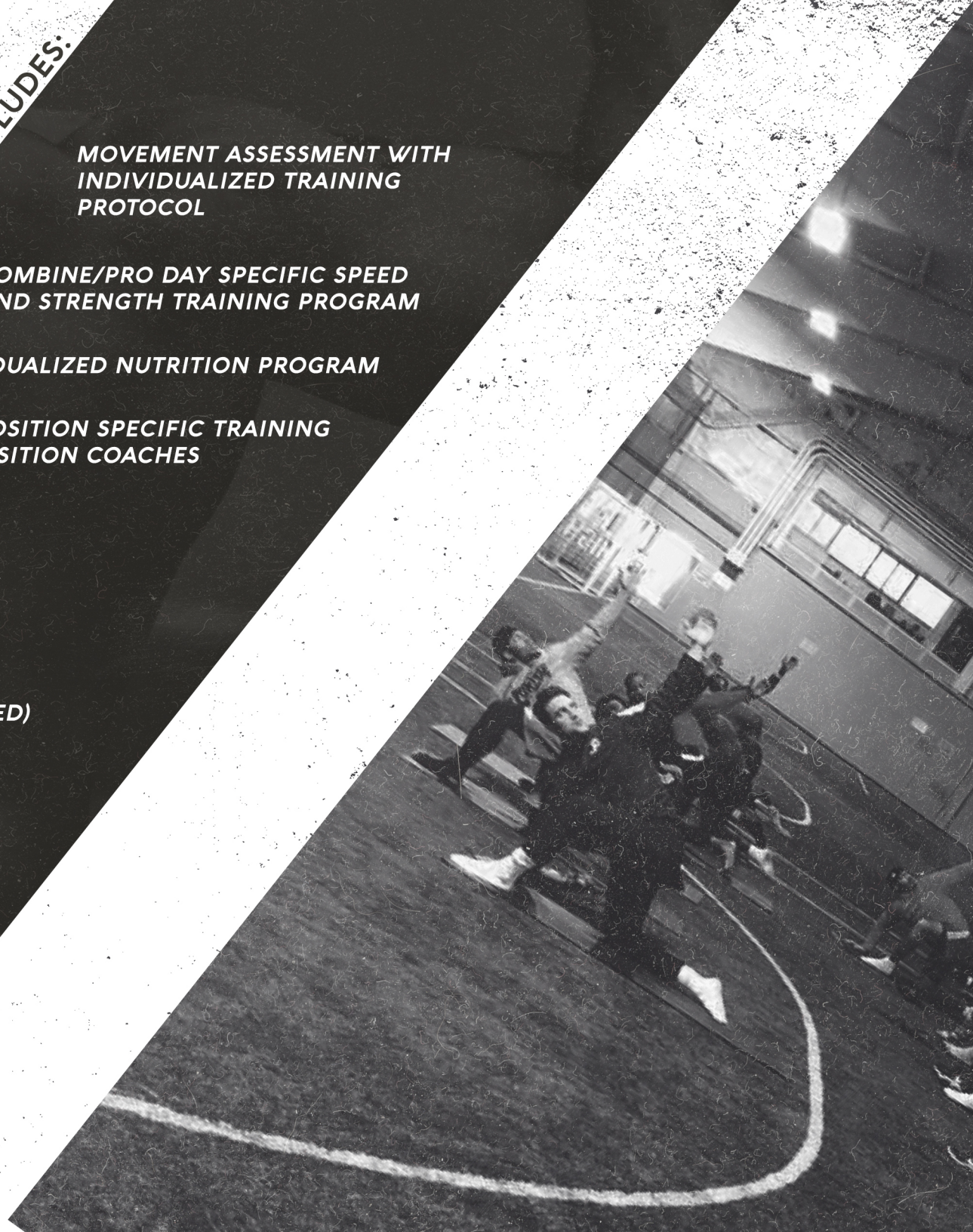
PHYSICAL THERAPY (AS NEEDED)

STATE OF THE ART RECOVERY

YOGA AND PILATES

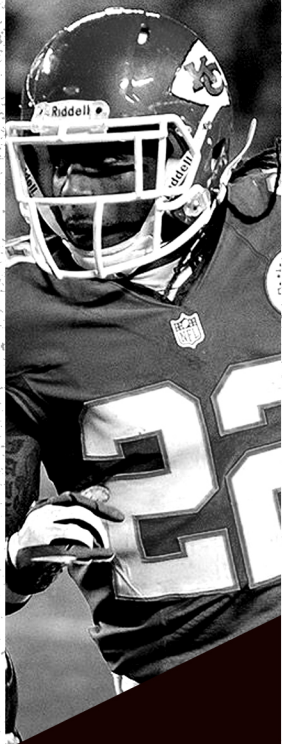
INTERVIEW TRAINING

WONDERLIC PREP



POSITION TRAINING

COACHES AND STATS



**DEXTER
MCCLUSTER**

Dexter was a second round pick in 2010 and spent 8 years in the NFL. Spending time with the Kansas City Chiefs, Tennessee Titans and San Diego Chargers Dexter was an electrifying running back with over 6000 career all purpose yards and in 2013 was named to the Pro Bowl as well as being named All Pro.



**DERRICK
MASON**

Derrick is one of the most accomplished wide receivers in NFL history. During his 15 year NFL career Derrick was a 2-time pro bowl selection and was first-team all-pro in 2000 as well as being placed on the NFL Hall of Fame ballot in 2018. Derrick is the only player in NFL history with 10,000 career receiving yards and 5000 career return yards and is tied with only Terrell Owens for most consecutive seasons with 700+ all purpose yards.



**BRAD
HOPHINS**

Brad is a 13 year NFL veteran and was drafted with the 13th pick in the draft. With 2 Pro Bowl Selections and an all-pro selection in 2000 to his credit Brad is one of the best linemen of his time. During Brads expansive career he started 188 games and from 1995-2000 started all 16 games in every season. During Brad's career he was considered to be one of the best offensive linemen in the entire league and was the highest paid Offensive lineman in football.



**TONY
BROWN**

Tony Brown is an 8 year NFL veteran that made a career after being an undrafted free agent in 2003 with the Carolina Panthers. During Tony's career he played for the Carolina Panthers, Miami Dolphins, San Francisco 49ers and Tennessee Titans. In 2010 Tony signed one of the largest contracts at the time for an interior Defensive Linemen making \$17 million over 3-years.



**AL
SMITH**

Al is a 10 year NFL veteran that played his entire career with the Houston Oilers. During his playing career Al was a 2-time All Pro selection and one-time First Team All-Pro. After Al's playing career ended, he transitioned to the Front Office for the Tennessee Titans working with them for 10-years in a variety of positions including serving in a variety of personnel positions. Also, Al currently serves on the NFL alumni association board of directors as well leading the Tennessee chapter.



**BLAINE
BISHOP**

Blaine is a 10-year NFL veteran with a decorated career. Blaine was taken in the 8th round of the 1993 NFL draft and during his career became one of the most feared and accomplished defensive backs in the entire league achieving 4 pro bowl appearances and 3 All-Pro selections.

NUTRITION

BODY COMP/NUTRITION IMPROVEMENTS

AVERAGE BF IMPROVEMENT **-3% BODY FAT**

AVERAGE LBM IMPROVEMENT **+9 LBS LEAN BODY MASS**

AVERAGE FAT LOSS **-5 LBS BODY FAT**

LARGEST IMPROVEMENTS

SHYTUTTLE **-8% BODY FAT**

PAPI WHITE **+18 LBS LEAN BODY MASS**

SHYTUTTLE **-17 LBS BODY FAT**

EACH PLAYER WILL RECEIVE A PERSONALIZED MEAL PLAN DEVELOPED BY OUR ON-SITE SPORTS DIETICIAN AND COOKED BY OUR IN-HOUSE CHEF.



EAT FRESH
Ready Meals



SPORTS MEDICINE + ORTHOPEDICS

Elite Sports Medicine + Orthopedics is your independent, unbiased sports medicine leader. With more than twenty years of experience as NFL Head Team Physicians, Dr. Burton Elrod and Dr. David Moore have examined and provided care to thousands of NFL athletes. Along with Dr. Jeffrey Willers (Foot and Ankle), Dr. Colin Crosby (Spine) and Dr. Thomas Dovan (Hand and Upper Extremity), our team has more than forty years of combined NFL Combine experience.

As nationally recognized experts in sports medicine, and we are to provide athletes with an independent second opinion and unsurpassed care.

**VISIT US AT ELITEORTHOPEDIC.COM
OR CALL 615-324-1600.**

NASHVILLE & FRANKLIN, TENNESSEE

KNEE • SHOULDER • ELBOW • HIP • SPINE • HAND • FOOT