

PERFECT



PERFORMANCE

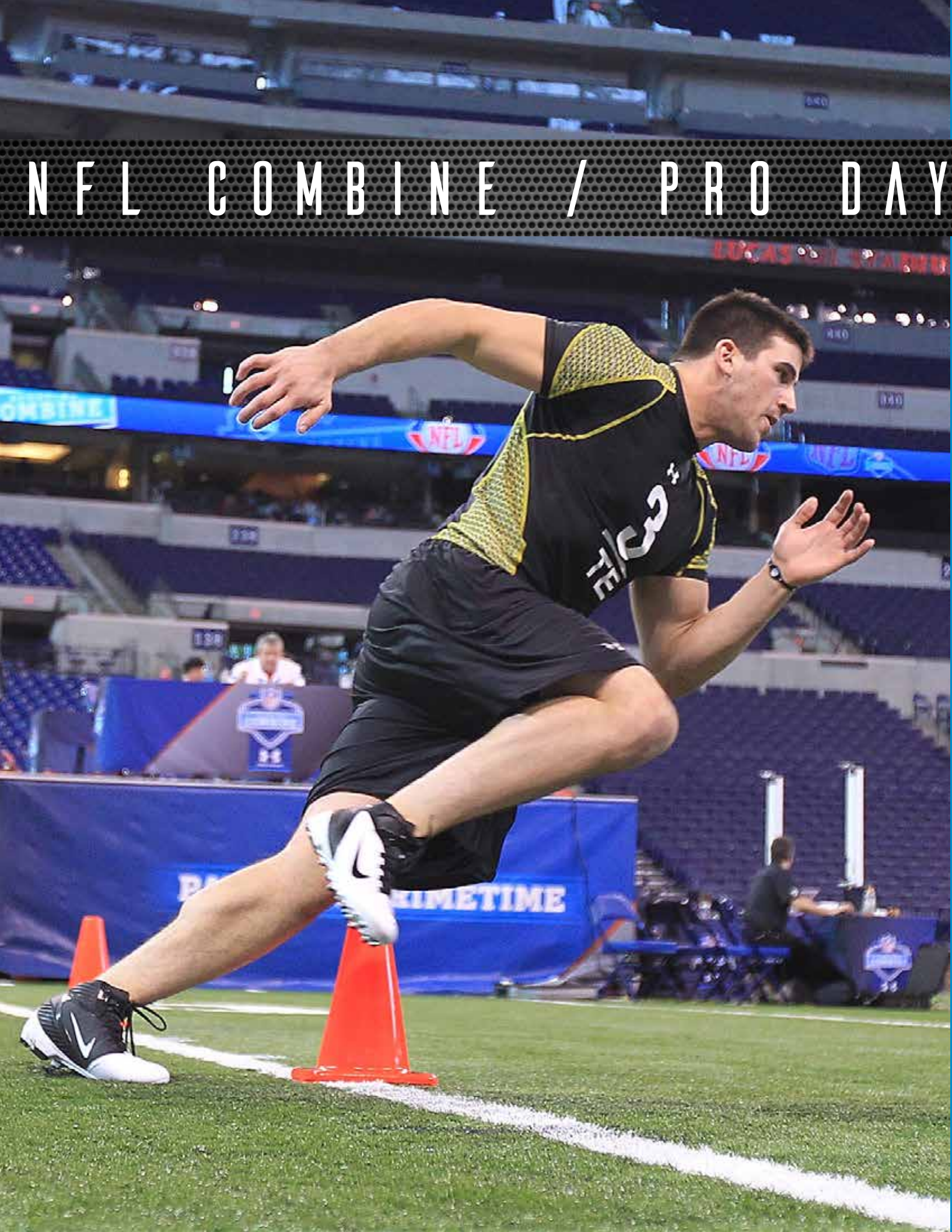
Training Athletes for the Next Level...

NFL COMBINE TRAINING



TRAINING ATHLETES FOR
THE NEXT LEVEL

www.perfect-performance.com



NFL COMBINE / PRO DAY

TRAINING



Our mission is to empower athletes by taking a comprehensive approach to preparation and improve assessment scores for the NFL Combine.

Our program is complete preparation on all aspects of the NFL Draft process, NFL Combine and/or Pro Day delivered by a team of experienced professionals. This program prepares football athletes by training, therapy, nutrition and position specific training by former NFL Players/Coaches at your position.

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Athletes will increase speed, quickness, agility and power while learning the details of proper speed mechanics for the 40 yard dash, 20 yard shuttle and the 3 cone drill. Athletes will gain stamina and strength for the Bench Press, Vertical Jump, and Broad Jump. The Nutrition services will directly support your training regimen and weight goals.

Our therapy services consist of various medical professionals providing elite level individualized care for injury prevention, previous injuries, aches and recovery with the focus of getting better, faster and stronger together.



OUR COACHES

ELIJAH THURMON

Speed / Wide Receivers

Elijah is a former NFL Wide Receiver, CFL All Pro and Howard University Hall of Famer with extensive experience training Professional Athletes for the past 17 years.



CURTIS ALLEN

Strength / Linebackers

Curtis is a former 10-year Collegiate Football & Strength Coach and has been training Professional Athletes for the past 17 years.



KIREEM SWINTON

Strength / Offensive Lineman

Kireem is a former NFL Offensive Lineman specializing in O-Line technique and functional strength.



DAVID JOHNSON

Strength / Running Backs

David is a former AFL Running Back specializing in running back footwork, vision and functional strength.





BRYSON SPINNER Quarterbacks

Bryson is a former NFL Quarterback with extensive experience preparing Quarterbacks for the Pro platform for the past 15 years.



COLIN NELSON Defensive Backs

Colin is a former AFL Defensive Back specializing in the art of man to man and focusing on details, footwork and being a lockdown corner.



SCOTT BARNES Quarterbacks

Scott is a former standout Collegiate Quarterback specializing in developing Quarterbacks by building proper throwing mechanics with innovative ways to prepare athletes to be game ready versus any defense.



ANTONIO MURRAY Defensive Lineman

Antonio is a former NFL Defensive Lineman and pass rush specialist, focusing on building the complete defensive lineman.

PERFECT PERFORMANCE TRAINING FACILITY



Perfect Performance provides a new 14,000 Square Feet State of The Art Training Facility with all the essential tools along with experienced professionals to prepare athletes to perform beyond perceived limits.



The Perfect Performance Training Facility includes elite level training equipment to execute individualized training plans for athletes participating in the NFL Combine and Pro Day. Perfect Performance Training Facility has 50 yards of training field turf to maximize speed training, combine agility preparation and position specific training.

TEAM SPORTS INJURY CONSULTING



KALA FLAGG MPT, ATC, CSCS

Kala Flagg is the owner of TEAM SPORTS INJURY CONSULTING and is a graduate of the Howard University Physical Therapy Program. In 2005, she became the first ever staff physical therapist to work directly on campus with the student athletes full time at the University of Maryland College Park. She spent over 10 years as the Rehabilitation Coordinator for the Maryland Terps Athletic Department. She possesses a Master's of Physical Therapy, board certified as a Sports Clinical Specialist, a Certified Athletic Trainer and Certified Strength and Conditioning Specialist. Kala also has over 17 years experience working with professional athletes in various sports including football, basketball and track and field, and is an integral part of many athletes' training and maintenance team in the off-season.

Team Sports Injury Consulting is a physical therapy practice that strives to be unique in what it offers to athletes and performers at all levels. Team owner, Kala Flagg, MPT, ATC, CSCS, was the Rehabilitation Coordinator for the University of Maryland College Park Athletic Department for over 10 years, having worked closely with all sports including football and men's basketball. During her tenure with the Terps, she worked closely with the Team Physicians, Sports Medicine staff, Strength Coaches and coaches to coordinate care for injured and post-surgical athletes. She also developed plans along with the athletic trainers for injury maintenance and prevention for those known to have chronic injuries. Her expertise was mentioned in the Washington Post, as her services are sought after by Professional Athletes not only in this country but abroad as well in football, basketball, soccer, track and field and even the WWE. Kala has utilized her talent as a rehab consultant for many NFL teams and agents and she has developed a respectable professional relationship with Head Athletic Trainers for several teams, some dating back to the NFL Lockout where she provided off-season rehabilitation for many athletes who call DC, MD, of VA home.

Team Sports Injury Consulting, is proud to partner with Perfect Performance to provide more than just physical therapy, but to also offer the comprehensive care that is required by an elite athlete who desires to make a healthy transition to the next level.



NFL PRE-DRAFT PROGRAM

The NFL Combine training will cover the following:

- Strength Training for NFL Combine
- Speed Training
- Quickness and Agility
- Combine Drill Techniques
- Jump Training
- Position Specific Training by former NFL players
- Digital Analysis & Film Breakdown
- Mental Preparation Interview Training
- Wonderlic Preparation
- Diet and Nutrition Consultation
- Interview Preparation for NFL GM's, Coaches & Doctors
- Pre-workout and Post-workout services/Training room use
- Injury assessment and rehabilitation
- Post-surgical Rehabilitation
- Rehabilitation and/or Doctor visits for preexisting and new injuries
- Recovery options ie. NormaTec, Manual Therapy & Massage Therapy, Cupping & Game Ready



*DISCOUNTED hotel arrangements, rental car and meal preparation available.

"Having sound technique and making the right decisions are the differences between mediocre players and great players. Working with Perfect Performance helped my DB skills and fundamentals, making my rookie year that much easier."

Antoine Bethea Safety, Arizona Cardinals, Superbowl Champion

"I killed DB's this season after working with Perfect Performance last summer. I will definitely be working with them again this offseason."

Josh Morgan Wide Receiver, San Francisco 49ers

"Kireem is responsible for teaching me techniques that helped me take my game to the next level."

Brandon Torrey Offensive Lineman, New York Giants, Superbowl Champion

"When I was preparing for the NFL combine and private workouts, there was vital information within the process that would have been helpful in preparing me mentally and physically in my journey to the NFL. To have access to a mentor, who has blazed this trail before, to reveal some of the tricks of the trade, would have been a great resource during this process. My desire is to provide NFL prospects with an individualized cutting-edge training experience and information to prepare them for the next level. I enjoy educating and empowering athletes with knowledge to help them succeed. I want to see you win!"

Elijah Thurmon Owner, Former NFL Wide Receiver, Philadelphia Eagles



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