



WELCOME TO THE
REVOLUTION

NFL

DRAFT PREPARATION AND VETERANS DEVELOPMENT

TYLER SMITH, OT

JAN '22 RANK:

**TYLER SMITH OT TULSA
NFL DRAFT PROFILE**

OVERALL RANK: #76 POSITION RANK: #15 (OL)

DRAFT PROJECTION 3RD

DRAFT PROJECTION 3RD

POSITION RANK: #15



10-YD — 1.62
40-YD — 5.00
BENCH — 25
SHUTTLE 4.65

"BPS has been an incredible experience. The weight room, speed training, OL work, medical— it's exactly what I needed."

2022 1ST ROUND PICK

"I had specific goals coming to BPS...and I achieved them all."



TYREEK HILL, WR

ALL-PRO

"I'm making serious gains in the weight room"

40-YD — 4.63



GREGORY ROUSSEAU, DE

1ST ROUND PICK

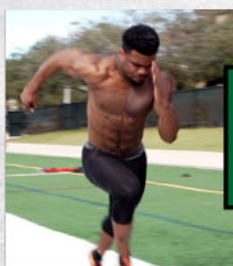
"The specific workouts at BPS have been great!"



AARON JONES, RB

PRO BOWL

RUNNING BACK

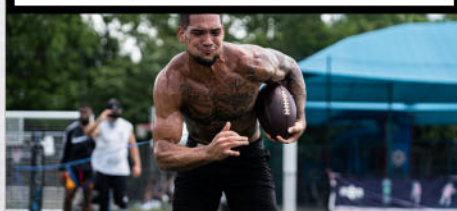


10-YD — 1.51
20-YD — 2.50
40-YD — 4.45

EZEKIEL ELLIOTT

4TH OVERALL PICK, ALL-PRO

"My body has changed dramatically...the field work and weight room work are **SECOND TO NONE.**"



JAMES CONNER

PRO BOWL

RB-SPECIFICS

Acceleration-Deceleration Zones

Open-field motion - circular/angled/jump cuts

Routes/bag drills - change direction off visual

Balance - breaking tackle simulation

SPEED

Fastest RB, 2021 - Deon Jackson
2nd Fastest RB, 2022 - D'Vonte Price
Fastest RB, 2019 - Mike Weber
FASTEST OVERALL, 2016 - Keith Marshall
Fastest RB, 2015 - Tevin Coleman*
Fastest RB 190+, 2014 - Henry Josey
Fastest RB, 2012 - Lamar Miller
Fastest RB, 2006 - Maurice Jones-Drew
Fastest FB, 2020 - Sewo Olonilua
2nd Fastest RB, 2020 - Darrynton Evans
EVERY BPS RB ran sub 4.5 in 2020
FASTEST RB IN 6 OUT OF PAST 11 YEARS

ACCELERATION

Fastest RB (10yd, 20yd), 2019 - Mike Weber
Fastest RB (10yd), 2017 - Marlon Mack
Fastest RB (10yd), 2016 - Josh Ferguson
Fastest FB (10yd), 2016 - Glenn Gronkowski
Fastest RB (10yd), 2015 - Tevin Coleman*
Fastest RB (10yd), 2007 - DeShawn Wynn
Fastest FB (20yd), 2016 - Glenn Gronkowski
Fastest RB 190+ (20yd), 2014 - Henry Josey

AGILITY

Fastest 3-Cone, RB, 2018 - Josh Adams
Fastest Shuttle, 3-Cone, 60yd, FB, 2017 - Sam Rogers
Fastest 3-Cone, FB, 2016 - Glenn Gronkowski
Fastest Shuttle, RB 225+, 2013 - Le'Veon Bell
Fastest 3-Cone, RB 225+, 2013 - Le'Veon Bell
Fastest Shuttle, RB, 2010 - Ben Tate
Fastest 60yd Shuttle, RB 215+, 2017 - Brian Hill

STRENGTH/POWER

Strongest FB, 2020 - Sewo Olonilua
Strongest RB, 2016 - Keith Marshall
Strongest RB, 2010 - Ben Tate
Strongest RB, 2009 - Rashad Jennings
Longest Broad Jump RB, 2010 - Ben Tate
Highest Vertical RB, 2007 - Darius Walker
Highest Vertical RB, 2002 - Will Green
Best VJ/Broad, FB, 2017 - Sam Rogers

BPS ALL-TIME BEST RESULTS - RB

EVENT	PLAYER	TEST	YEAR
40YD	Keith Marshall	4.31	2016
SHUTTLE	Michael Carter	3.98	2021
3-CONE	Jake Funk	6.71	2021
BROAD	Darrynton Evans	125"	2020
VERTICAL	Will Green	42"	2002
BENCH	Rashad Jennings	29 reps	2009

"Everything is specific to RB's... I feel **EXPLOSIVE!** I came back because of the **RESULTS**, the staff, and the overall environment."



40-YD — 4.50
SHUTTLE — 3.98
3-CONE — 6.75

MICHAEL CARTER

FASTEST SHUTTLE, RB, 2021

"The feel fast and strong out of my breaks ...great work!"



KYREN WILLIAMS



10-YD — 1.47
40-YD — 4.38
VERTICAL — 34"

D'VONTE PRICE

2nd FASTEST RB, 2022



40-YD — 4.34
SHUTTLE — 4.08*
VERTICAL — 35.5"*
BROAD — 10'3"

LAMAR MILLER

FASTEST RB, 2012



10-YD — 1.49*
40-YD — 4.39*
BENCH — 22

***PRO DAY**

TEVIN COLEMAN

FASTEST RB, 2015

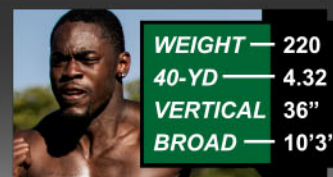
RB ALUMNI

Javonte Williams
Jordan Howard
Dalvin Cook
Raheem Mostert
Myles Gaskin
Gus Edwards
Darrynton Evans
Ty Johnson
Marlon Mack
Devonta Freeman
Travis Homer
Jake Funk
Jaret Patterson
Trey Ragas
KeShawn Vaughn
Damien Williams
Latavius Murray
J.K. Dobbins
Devin Singletary
Duke Johnson
Jonathan Ward
Frank Gore
Matt Forte
Maurice Jones-Drew
Fred Taylor

"I feel stronger and healthier; my speed has improved **FOR SURE!**"



JAKOB JOHNSON



WEIGHT — 220
40-YD — 4.32
VERTICAL — 36"
BROAD — 10'3"

DEON JACKSON

FASTEST RB, 2021



10-YD — 1.48
20-YD — 2.46
40-YD — 4.40
BENCH — 22

MIKE WEBER

FASTEST RB, 2019



CHASE EDMUNDS



SLY JOHNSON
WR COACH

WIDE RECEIVER



"BPS speed training has me at the top of my game!"



20-YD — 2.50
40-YD — 4.42
VERTICAL — 35"
SHUTTLE — 4.11*

STEFON DIGGS

ALL-PRO

"It's amazing that everything I need is in one spot."



ALLEN ROBINSON

ALL-PRO

WR-SPECIFICS

Acceleration-Deceleration Zones - long

Deep circular cuts / aggressive angled cuts

Footwork and hard breakdown/deceleration

Ball drills, hand-eye coordination, visual reaction

SPEED

Fastest WR 200+, 2022 - Christian Watson
Fastest 20yd, NFL HISTORY - Christian Watson
Fastest WR 200+, 2018 - Marquez Valdes-Scantling
Fastest WR, 2015 - Breshad Perriman
2nd Fastest WR, 2014 - John Brown
Fastest WR, 2008 - Dexter Jackson
Fastest WR, 2006 - Chad Jackson
2nd Fastest WR, 2022 - Velus Jones
3rd Fastest WR and OVERALL, 2009 - Johnny Knox
2nd Fastest OVERALL, 2007 - Jason Hill
2nd Fastest WR e, 2010 - Taylor Price
2nd Fastest WR, 2005 - Troy Williamson

ACCELERATION

Fastest WR (10yd), 2022 - Christian Watson
Fastest OVERALL (20yd), 2018 - Marquez Valdes-Scantling
Fastest WR (10yd), 2015 - Breshad Perriman
Fastest OVERALL (10yd), 2007 - Aundrea Allison
Fastest WR (20yd), 2014 - John Brown
Fastest WR, 215+ (20yd), 2013 - Aaron Mellette

AGILITY/POWER

Longest Broad OVERALL, 2022 - Christian Watson
Fastest Shuttle, WR, 2022 - Jahcour Pearson
Fastest 3-Cone, WR, 2017 - Taywan Taylor
Fastest Shuttle, WR, 2009 - Kevin Ogletree
Fastest Shuttle, WR, 2006 - Chad Jackson
2nd Highest Vertical, WR, 2019 - Darius Slayton

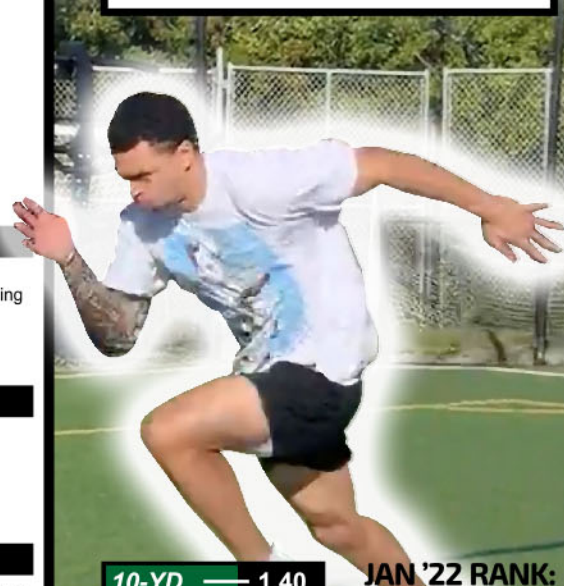
CONSISTENCY

EVERY BPS WR ran in low 4.3's at 2022 NFL COMBINE
EVERY BPS WR ran sub-4.5 in '05, '07, '08, '09, '12, '13, '15, '16, '17, '18, '21, '22
EVERY BPS WR and CB ran sub-4.5 in 2015, 2016, 2018, 2021
EVERY BPS RB and WR ran sub-4.4 in 2012
EVERY BPS WR ran sub-4.4 in '09
3 WR ran sub 4.4 in 2007

BPS ALL-TIME BEST RESULTS - WR

EVENT	PLAYER	TEST	YEAR
40YD	Breshad Perriman	4.22*	2015
SHUTTLE	Jahcour Pearson	3.94	2022
3-CONE	Taywan Taylor	6.57	2017
BROAD	Christian Watson	136"	2022
VERTICAL	Torrey Smith	41"	2011
BENCH	Michael Strachan	20 reps	2021

"This is the BEST I've ever felt..."



10-YD — 1.40
20-YD — 2.37
40-YD — 4.31
BROAD — 10'9"
VERTICAL — 38.5"
BENCH — 18
SHUTTLE — 4.19

JAN '22 RANK:

CHRISTIAN WATSON WR
NFL DRAFT PROFILE

DRAFT PROJECTION
3RD-4TH

CHRISTIAN WATSON

FASTEST 20YD, NFL HISTORY
FASTEST WR (200lb+), 2022
LONGEST BROAD, WR, 2022

34TH OVERALL DRAFT PICK

"Great work! I feel REALLY FAST!"



TERRY MCLAURIN

PRO BOWL



10-YD — 1.51*
40-YD — 4.39*
VERTICAL — 36**
3-CONE — 6.72*

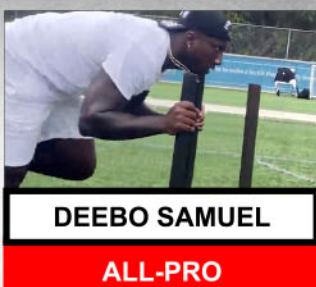
BRAXTON BERRIOS

PRO BOWL



10-YD — 1.47
40-YD — 4.34
VERTICAL — 38"
SHUTTLE — 4.10
3-CONE — 6.81

BO MELTON



DEEBO SAMUEL

ALL-PRO

WR ALUMNI

Tyreek Hill
Olamide Zaccheaus
Darius Slayton
Laviska Shenault Jr.
James Washington
Keelan Cole
Tim Patrick
Erik Ezukanma
Kevin Austin
Zach Pascal
K.J. Osborn
Michael Strachan
Darnell Mooney
Byron Pringle
T.Y. Hilton
Chatarius Atwell
Diontae Spencer
Marquez Valdes-Scantling
Keith Kirkwood
Juwann Winfree
Jarvis Landry
Odell Beckham Jr.

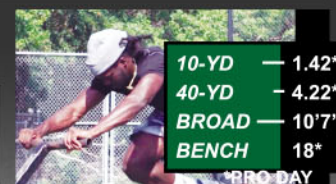
"I've never run this fast...I even surprised myself! I'll be back"



10-YD — 1.44
40-YD — 4.31
BENCH — 18

VELUS JONES

2ND FASTEST WR, 2022



10-YD — 1.42*
40-YD — 4.22*
BROAD — 10'7"
BENCH — 18*

BRESHAD PERRIMAN

1ST ROUND PICK



10-YD — 1.51
40-YD — 4.40
BROAD — 10'5"
BENCH — 17

DEVANTE PARKER

1ST ROUND PICK



CURTIS SAMUEL

DEFENSIVE LINE

"There is just no better place than BPS. I'm going to keep recommending it to everyone."



WEIGHT — 278
10-YD — 1.56*
40-YD — 4.59*
3-CONE — 7.21

CARLOS DUNLAP

PRO BOWL *Pro Day

"The staff is phenomenal...nutrition program was great...position coaches are the best!"



10-YD — 1.64
40-YD — 4.68
BENCH — 26
BROAD — 10'2"
VERTICAL — 34.5"

YANNICK NGAKOUÉ

PRO BOWL

DL-SPECIFICS

Power in deep bending positions / leverage

Pass rush - bags, mitts, pads, martial arts

Punch power, speed, endurance

1st step / lateral quickness, visual reaction

SPEED

FASTEST DE, 2020 - Jabari Zuniga
Fastest DE, 2016 - Emmanuel Ogbah
Fastest DE 265+, 2017 - Trey Hendrickson
Fastest DL 275+, 2017 - Tanoh Kpassagnon
Fastest DE, 2014 - Dee Ford
Fastest DT, 2012 - Jaye Howard
Fastest DE 270+, 2011 - Allen Bailey
Fastest DT, 2010 - Earl Mitchell, ALL TIME RECORD (as of '14)
Fastest DE, 2008 - Marcus Howard, ALL TIME RECORD
Fastest DE 275+, 2008 - Kendall Langford
Fastest DT, 2007 - Quinn Pitcock
Fastest DE 270+, 2007 - Baraka Atkins
Fastest DT, 2006 - Kedric Golston
Fastest DT, 2005 - Darrell Shropshire
Fastest DT, 2003 - Kevin Williams
2nd Fastest DE, 2019 - Jordan Brailford
Fastest DT or DE in 15 out of last 20 years ('03-'22)
DE run sub-4.6 in 2020, 2019, 2017, 2016, 2014, 2010, 2008, 2007
DT run sub-4.8 in 2022, 2016, 2012, 2010

ACCELERATION

FASTEST DE (10yd), 2020 - Jabari Zuniga
Fastest DL 275+ (10yd), 2017 - Tanoh Kpassagnon
Fastest DE (10yd), 2016 - Emmanuel Ogbah
Fastest DT (10yd), 2016 - Quinton Jefferson
Fastest DT (10yd), 2015 - Grady Jarrett
Fastest DT (10yd), 2012 - Jaye Howard
Fastest DT (10yd), 2010 - Earl Mitchell
Fastest DE, 270+ lb (10yd), 2010 - Carlos Dunlap
Fastest DE, 2009 (10yd) - Everett Brown
Fastest DE, 265+ (20yd), 2017 - Trey Hendrickson
Fastest DL 275+ (20yd), 2017 - Tanoh Kpassagnon

AGILITY

Fastest Shuttle, DL (265+), 2017 - Trey Hendrickson
Fastest Shuttle, DT, 2005 - Darrell Shropshire
2nd Fastest 3-Cone, DT, 2015 - Grady Jarrett
2nd Fastest Shuttle, DT, 2016 - Quinton Jefferson

STRENGTH / POWER

Highest Vertical DE, 2021 - Josh Kaindoh
Longest Broad Jump, DL, 2020 - Jabari Zuniga
Longest Broad Jump, DE, 2017 - Tanoh Kpassagnon
Highest Vertical DE, 2016 - Emmanuel Ogbah
Strongest DE, 2014 - Dee Ford



BRITT REID
DL COACH



"Every year I come to BPS - I keep elevating my overall game."



10-YD — 1.68
40-YD — 4.88
3-CONE — 7.44

CHRIS JONES

PRO BOWL

BPS ALL-TIME BEST RESULTS - DT

EVENT	PLAYER	TEST	YEAR
40YD	Earl Mitchell	4.75	2010
SHUTTLE	Darell Shropshire	4.34	2005
3-CONE	Jaye Howard	7.32	2012
BROAD	Darell Shropshire	116"	2005
VERTICAL	Darell Shropshire	34"	2005
BENCH	Marcus Forston	34 reps	2012

BPS ALL-TIME BEST RESULTS - DE

EVENT	PLAYER	TEST	YEAR
40YD	Marcus Howard	4.45	2008
SHUTTLE	Trey Hendrickson	4.20	2017
3-CONE	Jeremy Mincey	7.01	2006
BROAD	Tanoh Kpassagnon	128"	2017
VERTICAL	Jacob Pugh	38.5"	2018
BENCH	Olivier Vernon	31 reps	2012

"I've been here every year of my career because EVERY aspect of the program has helped me!"

10-YD — 1.56
40-YD — 4.56
BROAD — 10'1"
VERTICAL — 35.5"
3-CONE — 7.26

EMMANUEL OGBAH

FASTEST DE, 2016

10-YD — 1.58
40-YD — 4.56
BENCH — 29
BROAD — 10'7"

JABARI ZUNIGA

FASTEST DE, 2020
LONGEST BROAD DE, 2020

10-YD — 1.59
40-YD — 4.59
BROAD — 10'2"
SHUTTLE — 4.20
3-CONE — 7.03

TREY HENDRICKSON

FASTEST DE (265+), 2017

DL ALUMNI

Jeffrey Simmons
Gregory Rousseau
Demarcus Lawrence
Al-Quadin Muhammad
Curtis Weaver
Shy Tuttle
Noah Spence
Deatrich Wise
Raekwon Davis
Montravius Adams
Jay Tufele
Charles Harris
Shaq Lawson
Vincent Taylor
Joshua Kaindoh
Aj Espenosa
Akeem Spence
Jonathan Ledbetter
John Jenkins
Derrick Nnadi
Victor Dimukeje
Khayris Tonga
Jordan Brailford
Dante Fowler Jr.
TJ Smith
Christian Wilkins

"I'm really liking the field and weight room work here at BPS!"

10-YD — 1.64
20-YD — 2.84
BENCH — 30
BROAD — 9'4"
VERTICAL — 31"
3-CONE — 7.37

GRADY JARRETT

FASTEST DT (10YD), 2015 / PRO BOWL



QUINNEN WILLIAMS

10-YD — 1.64
20-YD — 2.84
BENCH — 30
BROAD — 9'4"
VERTICAL — 31"
3-CONE — 7.37

DAVON GODCHAUX



ALEX WRIGHT



CALAIS CAMPBELL

ALL-PRO

OFFENSIVE LINE

BOMMARTO



"Everything is under one roof
— and I use EVERYTHING!"



ORLANDO BROWN JR.

PRO BOWL

"The footwork at BPS is the
best! Really transfers to OL"



DION DAWKINS

PRO BOWL

OL-SPECIFICS

Pass sets - bags, mitts, pads, martial arts

Run block - speed/power, leverage

Resisted work, power/strength endurance

1st step quickness, punch power/speed

"Training at BPS was the BEST
decision I ever made!"

SPEED

Fastest OG, 2019, Chris Lindstrom, ALL-TIME RECORD
Fastest OG, 2022 - Jason Poe
Fastest OT, 2010 - Bruce Campbell, ALL TIME RECORD (as of '13)
Fastest OG, 2017 - Danny Isidora
Fastest OT 310+, 2018 - Jaryd Jones-Smith
Fastest OG, 2015 - Chaz Green
Fastest OG, 2011 - Orlando Franklin
Fastest OT, 2006 - Eric Winston

ACCELERATION

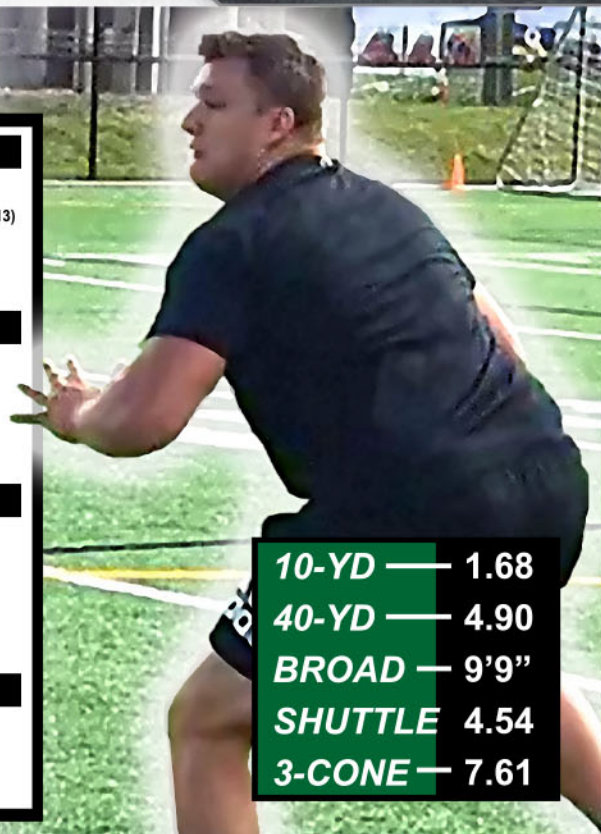
Fastest OG (10yd), 2017 - Danny Isidora
Fastest OG (10yd), 2012 - Rishaw Johnson
Fastest OT (10yd), 2010 - Bruce Campbell
Fastest OG (10yd), 2010 - Chris DeGeare
2nd Fastest OL (10yd), 2019 - Chris Lindstrom
2nd Fastest OL (10yd), 2022 - Tyler Smith
Fastest OG (20yd), 2017 - Danny Isidora

STRENGTH / POWER

Strongest OC, 2022 - Alec Lindstrom
Strongest OG, 2022 - Jason Poe
Longest Broad OG, 2019 - Chris Lindstrom
Strongest OVERALL, 2015 - Ereck Flowers
Highest VJ, OC, 2022 - Alec Lindstrom
Longest Broad OG, 2012 - Rishaw Johnson
Highest VJ, OL, 2014 - Matt Patchan
2nd Strongest OT, 2010 - Bruce Campbell

AGILITY

Fastest 3-Cone, OC, 2022 - Alec Lindstrom
Fastest Shuttle, OG, 2019 - Chris Lindstrom
Fastest Shuttle, OT, 2012 - Andrew Datko
Fastest Shuttle, OG, 2012 - Rishaw Johnson
Fastest Shuttle, OG, 2003 - Vince Manuwai



10-YD — 1.68
40-YD — 4.90
BROAD — 9'9"
SHUTTLE 4.54
3-CONE — 7.61

CHRIS LINDSTROM

FASTEST OG, ALL-TIME RECORD 2019
OG: BEST BROAD, SHUTTLE/ 1ST ROUND PICK

BPS ALL-TIME BEST RESULTS - OG/C

EVENT	PLAYER	TEST	YEAR
40YD	Chris Lindstrom	4.90	2019
SHUTTLE	Vince Manuwai	4.40	2003
3-CONE	Dan Santucci	7.47	2007
BROAD	Chris Lindstrom	117"	2019
VERTICAL	Chris DeGeare	32.5"	2010
BENCH	Jason Poe	34 reps	2022



TORIAN WILSON
OL COACH

BPS ALL-TIME BEST RESULTS - OT

EVENT	PLAYER	TEST	YEAR
40YD	Bruce Campbell	4.75	2010
SHUTTLE	Andrew Datko	4.54	2012
3-CONE	Derek Sherrod	7.32	2011
BROAD	Matt Patchan	113"	2014
VERTICAL	Matt Patchan	33.5"	2014
BENCH	Erick Flowers	37 reps	2015

"I like the specific work we do here..."



10-YD — 1.82
40-YD — 5.21

TRENT BROWN

PRO BOWL



40-YD — 4.89
SHUTTLE — 4.52
3-CONE — 7.52
BENCH — 34
VERTICAL — 31.5"

JASON POE

FASTEST OC/OG, 2022



MORGAN MOSES



GEORGE FANT

OL ALUMNI

Michael Jordan
Nate Solder
Russell Okung
Adam Pankey
Quinton Spain
Robert Hunt
Dan Feeney
Lamont Gaillard
Antonio Garcia
Jaryd Jones-Smith
David Sharpe
Keith Ishmael
Fred Johnson
John Miller
John Leglue
Jordan Mills
Brandon Linder
Jahri Evans

"Been with Pete since HS, and I'll be back every year!"



10-YD — 1.72
40-YD — 5.00
BENCH — 26
VERTICAL 29"

DANNY ISIDORA

FASTEST OG, 2017



CHUKWUMA OKORAFOR



WEIGHT — 329
BENCH — 37
40-YD — 5.31

ERECK FLOWERS

**1ST ROUND PICK,
STRONGEST OVERALL, 2015**



CORNELIUS LUCAS



LINEBACKER

"BEST players at each position train at BPS - if you got a client list like that, you gotta be doing something right!"



VON MILLER

**ALL-PRO / SUPER BOWL MVP
DEFENSIVE ROY**

"I had one of the best overall workouts, and it's definitely a result of the way I trained!"



40-YD — 4.53*
BENCH — 29*
VERTICAL — 35.5"
BROAD — 10'4"

DEE FORD *PRO DAY

**1ST ROUND PICK / PRO BOWL
2014 FASTEST/STRONGEST DE**

LB-SPECIFICS

Lateral motions - shuffle, run

Backward motions (drops) - BLR, BALR

Acceleration, power/strength endurance

Shed block - bags, mitts, pads, martial arts

SPEED

Fastest ILB, 2014 - Telvin Smith
Fastest ILB, 2013 - Jon Bostic
Fastest LB, 2010 - Jamar Chaney
Fastest LB, 2008 - Marcus Howard
Fastest LB, 2007 - Antwan Barnes
LB's run in 4.5's or faster in 15 out of past 16 years

ACCELERATION

Fastest ILB (20yd), 2018 - Andre Smith
Fastest LB (10yd), 2014 - Telvin Smith
Fastest LB (10yd), 2011 - Scott Lutus
Fastest ILB (10yd), 2010 - Jamar Chaney
Fastest LB (20yd), 2014 - Telvin Smith

AGILITY

Fastest 3-Cone, LB, 2020 - Malik Harrison
Fastest Shuttle, ILB, 2020 - Cale Garrett
Fastest Shuttle, LB, 2019 - Cody Barton
Fastest 3-Cone, LB, 2018 - Dorian O'Daniel, ALL-TIME RECORD
Fastest Shuttle, LB, 2018 - Dorian O'Daniel
Fastest 3-Cone, ILB, 2013 - Jon Bostic

STRENGTH/POWER

Highest VJ, OLB, 2022 - Jeremiah Moon
Longest Broad, LB, 2022 - Jeremiah Moon
Strongest ILB, 2019 - Cody Barton
Longest Broad, ILB, 2019 - Otar Alaka, ALL-TIME RECORD
Longest Broad, ILB, 2020 - Cale Garrett
Highest Vertical, OLB, 2018 - Jacob Pugh
Strongest OLB, 2017 - Marquel Lee
Longest Broad, ILB, 2013 - Brandon Hepburn
Highest Vertical, LB, 2011 - Scott Lutus
Longest Broad ILB, 2010 - Jamar Chaney, ALL TIME RECORD
Highest Vertical ILB, 2010 - Jamar Chaney
Longest Broad, ILB, 2005 - Marcus Lawrence

BPS ALL-TIME BEST RESULTS - LB

EVENT	PLAYER	TEST	YEAR
40YD	Deion Jones	4.38*	2016
SHUTTLE	Cody Barton	4.03	2019
3-CONE	Dorian O'Daniel	6.64	2018
BROAD	Otar Alaka	131"	2019
VERTICAL	Chance Campbell	39.5"	2022
BENCH	Antwan Barnes	31 reps	2007

*PRO DAY



**DOUG DUTTON
LB COACH**

"The overall energy here is GREAT!"

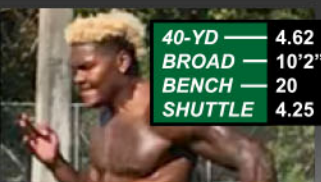


10-YD — 1.52*
20-YD — 2.52*
40-YD — 4.39*
BROAD — 10'0"
SHUTTLE — 4.26*

*PRO DAY

DEION JONES

**FASTEST LB, 2016 /
PRO BOWL**



40-YD — 4.62
BROAD — 10'2"
BENCH — 20
SHUTTLE — 4.25

MYKAL WALKER



BUD DUPREE

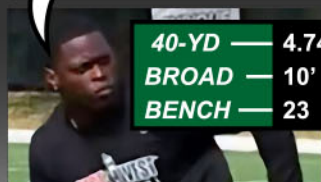


RASHAAN EVANS

1ST ROUND PICK

LB ALUMNI

Julian Okwara
Kenny Young
Anthony Walker
Kiko Alonso
Kwon Alexander
Uchenna Nwosu
Kyle Van Noy
Micah Kiser
Dorian O'Daniel
Zaire Franklin
Marquel Lee
Tyler Matakevich
KJ Britt
Chazz Surratt
Jayon Brown
Kemoko Turay
Jack Cochran
Jake Hansen
Jabril Cox
Ola Adeniyi
Azur Kamara
Jerome Baker



40-YD — 4.74
BROAD — 10'
BENCH — 23

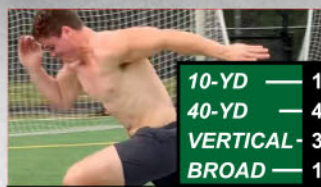
SHAQUILLE QUARTERMAN



WEIGHT — 247
40-YD — 4.62
VERTICAL — 36"
BROAD — 10'2"
3-CONE — 6.83

MALIK HARRISON

**FASTEST 3-CONE, LB, 2020
2020 ILB: TOP-3 IN 5 EVENTS**



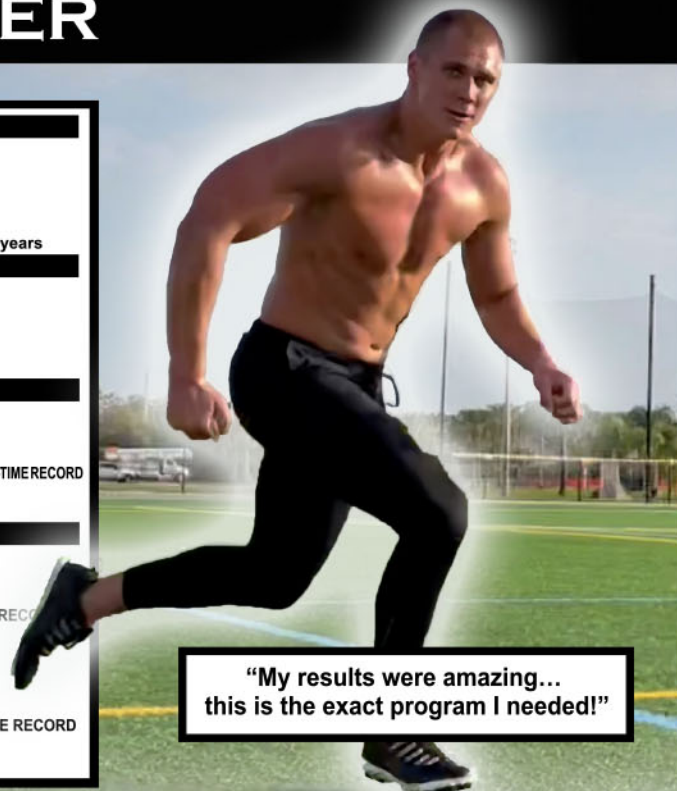
10-YD — 1.53
40-YD — 4.59
VERTICAL — 39.5"
BROAD — 10'7"

CHANCE CAMPBELL

2022 ILB: TOP-5 IN 5 TESTS



COLE HOLCOMB



"My results were amazing... this is the exact program I needed!"

40-YD — 4.59
BENCH — 30
SHUTTLE — 4.03
3-CONE — 6.90

CODY BARTON

**STRONGEST ILB, 2019
FASTEST SHUTTLE, LB, 2019**



EJ BIGGERS
DB COACH

DEFENSIVE BACK



"I'm more explosive and they've really helped me with DB specifics."



XAVIER RHODES, CB

ALL-PRO

"The DB specific work at BPS was SOLID!"



DENZEL WARD

PRO BOWL

DB-SPECIFICS

Back motions - BP, AP weave, BLR, BALR

Lateral - hands, leverage, decel/breakdown

COD - fwd breaks, back cuts, 90deg

Press hands - bags, mitts, pads, martial arts

BPS ALL-TIME BEST RESULTS - CB

EVENT	PLAYER	TEST	YEAR
40YD	DeMarcus Van Dyke	4.25	2011
SHUTTLE	Bobby McCain	3.82	2015
3-CONE	Joe Burnett	6.68	2009
BROAD	Brandin Echols	136"	2021
VERTICAL	Darius Butler	43"	2009
BENCH	Jamar Taylor	22 reps	2013

SPEED

Fastest OVERALL, 2021 - Brandin Echols
Fastest SS, 2020 - Antoine Winfield Jr.
Fastest OVERALL, 2011 - DeMarcus Van Dyke
Fastest S, 2008 - Josh Barrett, ALL TIME RECORD (e)
Fastest CB 185+, 2018 - Tony Brown
Fastest FS, 2017 - Delano Hill
Fastest S, 2013 - Shamarko Thomas
Fastest CB, 2011 - DeMarcus Van Dyke
Fastest CB (e), 2010 - Brandon Ghee
Fastest CB, 2009 - Lardarius Webb
EVERY BPS WR and CB ran sub-4.5 IN 2015, 2016, 2018, 2021
4 BPS CB ran sub-4.4 in 2021
8 BPS DB ran sub 4.5 in 2021

ACCELERATION

Fastest 10yd, SS, 2022 - Tre Turner-Yell
Fastest 10yd OVERALL, 2021 - Brandin Echols
Fastest SS (20yd), 2020 - Antoine Winfield Jr.
Fastest CB (10yd), 2019 - Derrek Thomas
Fastest OVERALL (10yd), 2011 - Van Dyke, Chekwa
Fastest OVERALL (10yd), 2007 - E. Weddle, A. Allison
Fastest CB 185+ (10yd), 2018 - Tony Brown
Fastest CB (10yd), 2013 - Kayvon Webster
Fastest CB (10yd), 2011 - Van Dyke, Chekwa
Fastest CB, 2009 (10yd) - Darius Butler
Fastest FS (20yd), 2017 - Jack Tocho
Fastest S (20yd), 2013 - Shamarko Thomas
Fastest FS (10yd), 2011 - Jaiquawn Jarrett

STRENGTH / POWER

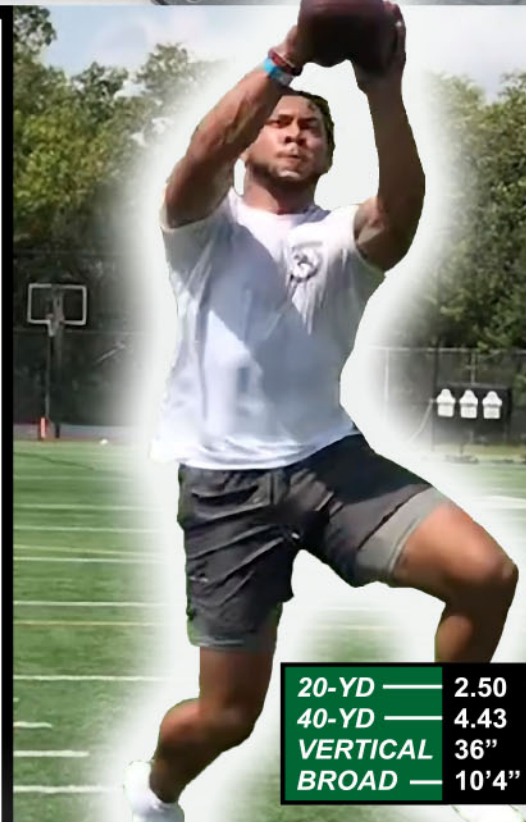
Highest Vertical, CB, 2021 - Brandin Echols
Longest Broad Jump, CB, 2021 - Brandin Echols
Strongest S, 2017 - Jack Tocho
Strongest CB, 2014 - Keith Reaser
Strongest CB, 2013 - Jamar Taylor
Highest Vertical CB, 2004 - Scott Starks, ALL TIME RECORD
2nd Best Vertical & Broad, SS, 2019 - Sheldrick Redwine
Longest Broad, S, 2014 - Kenny Ladler
Strongest S, 2013 - Shamarko Thomas
Highest VJ, CB, 2013 - B.W. Webb
Highest VJ, S, 2013 - Shamarko Thomas
Longest Broad, CB, 2013 - B.W. Webb
2nd Longest Broad, S, ALL TIME - Shamarko Thomas
Highest Vertical, S, 2006 - Pat Watkins
Longest Broad Jump, SS, 2009 - Chip Vaughn
Longest Broad Jump, S, 2006 - Pat Watkins

AGILITY

Fastest Shuttle, CB, 2021 - Avery Williams
Fastest Shuttle OVERALL, 2015 - Bobby McCain
Fastest Shuttle, OVERALL, 2013 - B.W. Webb
Fastest 3-Cone, SS, 2016 - Jalen Mills
Fastest Shuttle, SS, 2016 - Jalen Mills
Fastest Shuttle, S, 2013 - Duke Williams

DB ALUMNI

Justin Coleman
Stanley Thomas-Oliver III
Trayvon Henderson
Anthony Harris
Ronnie Harrison
Taron Johnson
Adrian Amos
Jordan Whitehead
Eric Murray
Deon Bush
Will Harris
Ambry Thomas
Jalen Mills
Julian Love
Maurice Canady
Kaiir Elam
Joshua Williams
Tony Brown
Jaquan Johnson
Damar Hamlin
Ross Cockrell
Deandre Baker
Sean Davis
Shemar Jean-Charles
Joshua Thomas
Sam Franklin
Isaiah Dunn
Kyler McMichael
Ja'sir Taylor
Rashad Fenton
Avonte Maddox
Jamar Johnson
Chandon Sullivan
Javaris Davis
Tre Brown
James Pierre



20-YD — 2.50
40-YD — 4.43
VERTICAL — 36"
BROAD — 10'4"

"I maximized my 40yd...the FULL SERVICE at BPS is why I came back!"

ANTOINE WINFIELD JR.

FASTEST SS, 2020; PRO BOWL

BPS ALL-TIME BEST RESULTS - S

EVENT	PLAYER	TEST	YEAR
40YD	Josh Barrett	4.34	2008
SHUTTLE	Jalen Mills	4.00	2016
3-CONE	Louis Delmas	6.67	2009
BROAD	Shamarko Thomas	133"	2013
VERTICAL	Pat Watkins	41"	2006
BENCH	Shamarko Thomas	28 reps	2013

"Speed training was perfect - I had the best overall workout for a CB!"



10-YD — 1.46
40-YD — 4.28
VERTICAL — 42.5"
BROAD — 11'4"

BRANDIN ECHOLS

FASTEST OVERALL, 2021

CALEB FARLEY

1ST ROUND PICK



10-YD — 1.46
40-YD — 4.44
BROAD — 10'2"

DELARRRIAN TURNER-YELL

FASTEST 10-YD, SS, 2022



KENNY MOORE

PRO BOWL

"I'm here every year for a reason...I just keep getting BETTER!"



JORDAN POYER

ALL-PRO



JC JACKSON

PRO BOWL



20-YD — 2.46
40-YD — 4.43
VERTICAL — 35.5"

TYREE GILLESPIE



JOHNATHAN ABRAM

1ST ROUND PICK



TIGHT END / QUARTERBACK

"They KNOW how to get you faster!"



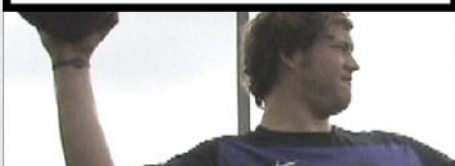
10-YD — 1.56*
40-YD — 4.63*

*PRO DAY

ROB GRONKOWSKI, TE

ALL-PRO

"BPS does a great job of taking care of each players' individual needs."



MATTHEW STAFFORD, QB

PRO BOWL

QB-SPECIFICS

Footwork/agility, drops/rollouts

5-Point Throwing program

BPS ALL-TIME BEST RESULTS - QB

EVENT	PLAYER	TEST	YEAR
40YD	Jarrett Brown	4.50	2010
SHUTTLE	T.J. Yates	4.12	2011
3-CONE	Drew Stanton	6.77	2007
BROAD	Jarrett Brown	114"	2010
VERTICAL	Jacory Harris	37"	2012

QB - PERFORMANCE ACCOLADES

Fastest QB, 2011 - Terrelle Pryor
Fastest QB, 2010 - Jarrett Brown
Fastest QB (10yd), 2014 - Stephen Morris
Fastest QB (20yd), 2014 - Stephen Morris
2nd Fastest QB, 2014 - Stephen Morris
Fastest QB (10yd), 2010 - Jarrett Brown
Fastest 3-Cone, QB, 2007 - Drew Stanton
2nd Highest VJ, QB, 2012 - Jacory Harris
2nd Fastest Shuttle QB, 2011 - T. J. Yates

TE - SPEED

Fastest TE, 2015 - MyCole Pruitt
2nd Fastest TE, 2012 - Ladarius Green
Fastest TE, 2010 - Jimmy Graham
Fastest TE, 2009 - Jared Cook
Fastest TE, 2007 - Greg Olsen
Fastest TE, 2004 - Ben Watson
2nd Fastest TE, 2012 - Ladarius Green
2nd Fastest TE (e), 2013 - Matt Furstenburg
TE ran sub 4.6 in 9 out of last 13 years
(4 of those years sub 4.5)

TE - ACCELERATION

Fastest TE (10yd), 2010 - Jimmy Graham
2nd Fastest TE (10yd), 2013 - Jordan Reed
2nd Fastest TE (10yd), 2012 - Ladarius Green
Fastest TE, 2009 (10yd) - Jared Cook
Fastest TE (10yd), 2008 - Kellen Davis
Fastest TE (20yd), 2015 - MyCole Pruitt
2nd Fastest TE (20yd), 2013 - Reed, Furstenburg
2nd Fastest TE (10yd), 2009 - Gronkowski, Ingram

TE - STRENGTH / POWER

Strongest TE, 2004 - Ben Watson,
ALL TIME RECORD (as of '12)
2nd Strongest TE, 2009 - Dan Gronkowski
Highest VJ, TE, 2015 - MyCole Pruitt
Longest Broad, TE, 2010 - Jimmy Graham
Highest VJ, TE, 2009 - Jared Cook
Longest Broad, TE, 2009 - Jared Cook

TE - AGILITY

Jonnu Smith, 2017 - 2nd for TE in Bench,
VJ, Shuttle, 60yd Shuttle
Fastest Shuttle, TE, 2009 - Kory Sperry
2nd Fastest Shuttle, TE, 2009 - Gronkowski
2nd Fastest 3-Cone, TE, 2009 - Gronkowski

JONNU SMITH, TE

"The BEST I've ever tested, and I'll continue to come back!"



10-YD — 1.56
40-YD — 4.62
BROAD — 10'7"
VERTICAL — 38"
SHUTTLE — 4.18

TE-SPECIFICS

Jump cuts, breakdown, open-field cuts

Blocking - bags, mitts, pads, martial arts

BPS ALL-TIME BEST RESULTS - TE

EVENT	PLAYER	TEST	YEAR
40YD	Ladarius Green	4.45	2012
SHUTTLE	Jonnu Smith	4.18	2017
3-CONE	Zack Panielto	6.85	2011
BROAD	Jonnu Smith	127"	2017
VERTICAL	Jared Cook	41"	2009
BENCH	Ben Watson	34 reps	2004

"BPS is the best in the country...they focus on the fundamentals that makes you a better football player"



40-YD — 4.57
VERTICAL — 36.5"
BROAD — 10'2"
BENCH — 20

TOMMY TREMBLE, TE



TYROD TAYLOR, QB

PRO BOWL



DAVID NJOKU, TE



MIKE GESICKI, TE

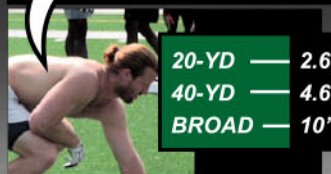
TE ALUMNI

Charlie Woerner
Zach Davidson
Kyle Rudolph
Deon Yelder
Dax Raymond
Kevin Rader
Sean McKeon
Jalen Wydermyer
Greg Olsen
Jordan Reed
Vernon Davis

QB ALUMNI

Chris Streveler
Robert Griffin III
Drew Stanton
Eli Manning
EJ Manuel
Teddy Bridgewater
Colin Kaepernick
Byron Leftwich
Tony Romo

"What they do with medical and training is impressive. I improved across the board."



20-YD — 2.65
40-YD — 4.62
BROAD — 10'

HAYDEN HURST, TE

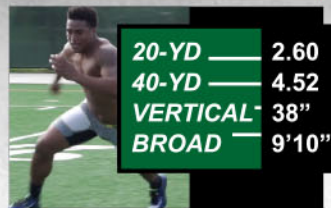
1ST ROUND PICK



10-YD — 1.50
40-YD — 4.49
VERTICAL — 41"
BROAD — 10'3"

JARED COOK, TE

FASTEST TE, 2009



20-YD — 2.60
40-YD — 4.52
VERTICAL — 38"
BROAD — 9'10"

MYCOLE PRUITT, TE

FASTEST TE, 2015



CHRIS STREVELER, QB

WEEKLY PLANS



EXAMPLE NFL DRAFT PREP WEEKLY PLAN

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
630	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
700	Pre-speed prep	Pre-speed prep	Pre-speed prep	Pre-speed prep	Pre-speed prep	Pre-strength prep
800	MULTI SPEED	LINEAR SPEED		MULTI SPEED	LINEAR SPEED	STRENGTH
815	General agility	Absolute Speed mechanics	POOL SPEED	Shuttle drills	Acceleration / Assisted	Lower max effort /
830	Resisted Acceleration	Horizontal Plyos		Starts for all drills	Absolute Speed	OR Full power
915	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing
930	Medical	Medical	Regeneration	Medical	Regeneration	Regeneration
1030	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing
1045	FOOTBALL SKILLS	FOOTBALL SKILLS	FOOTBALL SKILLS	FOOTBALL SKILLS	FOOTBALL SKILLS	
1100	Combine /	Video breakdown	Technical positional	Bowl game training	Technical positional	
1115	Pro day drills	Board work	development	OR Combine drills	development	
1145	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	
1200	Lunch	Lunch	Lunch	Lunch	Lunch	
100	Pre-strength prep	Pre-strength prep	Medical	Pre-strength prep	Medical	
130	STRENGTH	STRENGTH		STRENGTH		
145	Upper max effort	Lower dynamic /		Upper dynamic /		
200	OR	plyometric		endurance		
215	Full max effort	OR Full power		OR Full max effort		
245	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	
300	Regeneration	Regeneration	Regeneration	Regeneration	Regeneration	
400	VIDEO		VIDEO		VIDEO	
415	Speed		Speed and football		Speed	
500	Dinner	Dinner	Dinner	Dinner	Dinner	



40-YD — 4.33
VERTICAL — 40.5
BROAD — 11'3"
SHUTTLE — 4.15

DARIUS SLAYTON

2019 WR: TOP-5 IN 6 TESTS



40-YD — 4.51
VERTICAL — 36.5"

ERIK EZUKANMA, WR



10-YD — 1.53
40-YD — 4.41
BENCH — 20
BROAD — 10'5"

DARRYNTON EVANS

2ND FASTEST RB, 2020

EXAMPLE NFL VETERAN WEEKLY TRAINING PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Physical Therapy	Chiropractic	Massage	Physical Therapy	Neuromuscular Therapy
Nutrient timing	Nutrient timing		Nutrient timing	Nutrient timing
MOVEMENT	SPEED		MOVEMENT	ESD
Footwork/Agility	Linear	POOL SPEED	Position Specifics	Intervals/Play Drives
Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing
STRENGTH	STRENGTH	Pilates/Yoga	STRENGTH	STRENGTH
Upper max effort	Lower dynamic		Upper Dynamic	Lower Strength/Power
Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing
Regeneration	Neuromuscular Therapy	Regeneration	Acupuncture	Chiropractic
Lunch	Lunch	Lunch	Lunch	Lunch



JEFFERY SIMMONS

PRO BOWL



RONNIE HARRISON, S



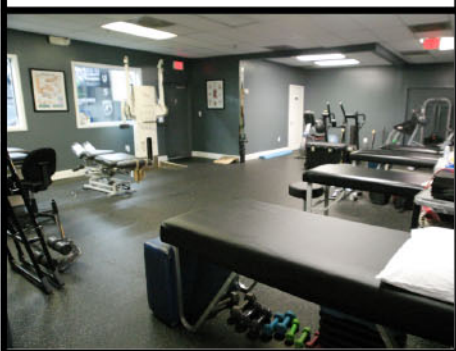
DEMARCUS LAWRENCE

PRO BOWL

MIAMI, FL / FT. LAUDERDALE, FL

MEDICAL

MEDICAL CENTER



REGENERATION CENTER



RECOVERY CENTER



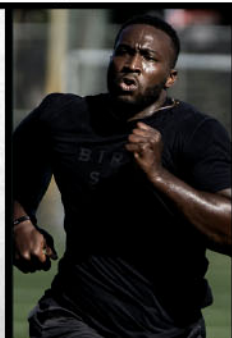
"I came back because of the integration of medical and training"



10-YD — 1.58
40-YD — 4.65
BROAD — 10'5"
VERTICAL — 36.5

JOSHUA KAINDOH

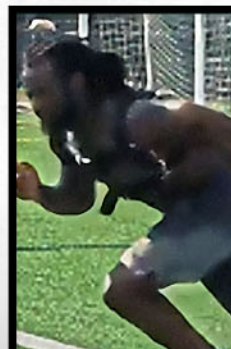
HIGHEST VJ, DE, 2021



NOAH SPENCE, LB

MEDICAL DISCIPLINES

- Physical Therapy and ATC's
- Massage/Neuromuscular Therapy
- Chiropractic
- Biomechanists
- Muscle Activation Techniques™ (MAT)
- Active Release Technique™ (ART)
- Graston Technique™
- Acupuncture & Dry Needling
- Kinesio Taping
- Cupping
- Blood Flow Restriction (BFR)
- Pilates & Yoga
- ARPWave



DALVIN COOK

PRO BOWL

"BPS is the BEST, in my opinion"



*Pro Day

10-YD — 1.49*
40-YD — 4.55*
VERTICAL — 34"*
SHUTTLE — 4.11*

FRANK GORE, RB

ALL-PRO

NUTRITION

NUTRITION ANALYSIS LAB



DEXA / BOD POD / INBODY

"The medical staff is AMAZING!"



WEIGHT — 230
10-YD — 1.57*
40-YD — 4.50*
VERTICAL — 34"
BROAD — 10'2"

JORDAN HOWARD, RB

PRO BOWL



NUTRIENT TIMING AREA

NUTRITION

- Organic, all-natural
- Food "exchange" system for variety and custom plans
- Performance Chefs
- IV Nutrients

THORNE

- Custom nutrient timing plan
- NSF Certified for Sport

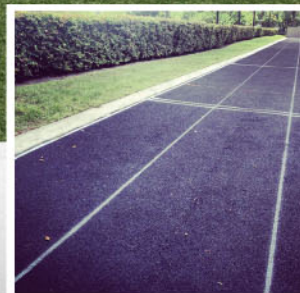
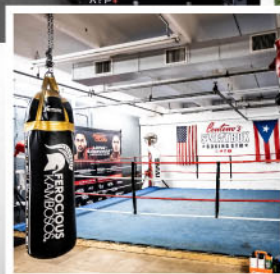
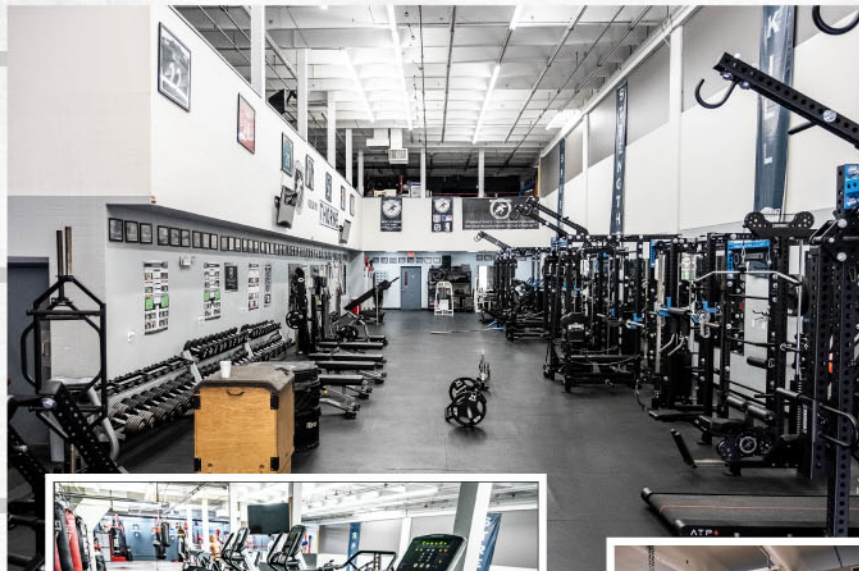
APPLICATION

- Blood-work evals.
- Food Sensitivity
- Enzyme function
- Metabolic typing

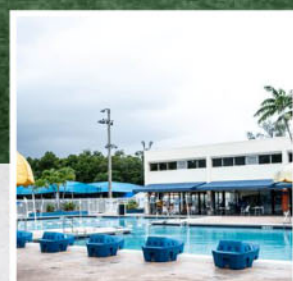
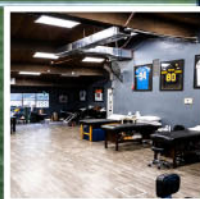
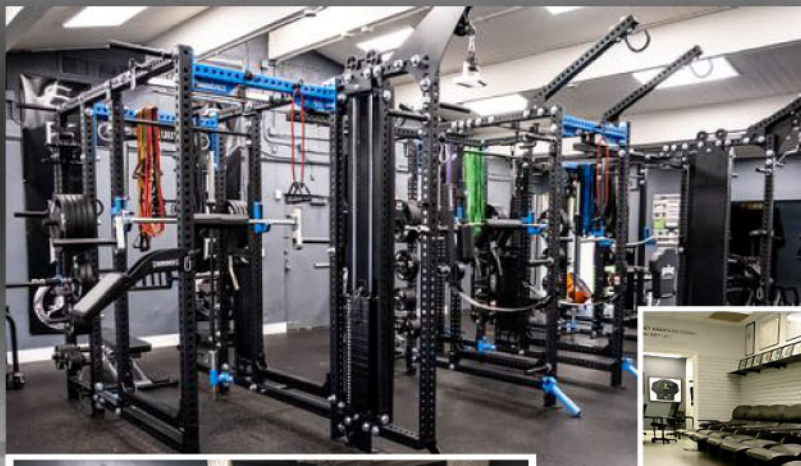
FACILITIES



FT. LAUDERDALE, FL

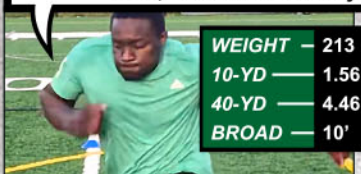


MIAMI, FL





"The speed work; position-specifics; everything I need is here, so I'll be back every off-season."



WEIGHT — 213
10-YD — 1.56
40-YD — 4.46
BROAD — 10'

JAMES WASHINGTON, WR
2ND ROUND PICK



10-YD — 1.51
40-YD — 4.32
VERTICAL — 35.5"
3-CONE — 6.89

MICHAEL CARTER II, CB



10-YD — 1.52
40-YD — 4.40
VERTICAL — 39"
BROAD — 10'10"
SHUTTLE — 4.14

SHELDRIK REDWINE, S
2019 SS: TOP-3 IN 6 TESTS



10-YD — 1.50
40-YD — 4.45
BROAD — 10'1"

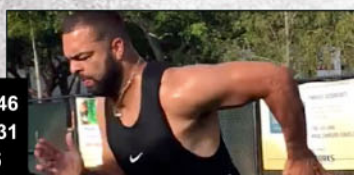
TYLER BADIE



20-YD — 2.46
40-YD — 4.31
BENCH — 25

KEITH MARSHALL

FASTEST OVERALL, 2016



KYLE VAN NOY, DL/LB



10-YD — 1.70
40-YD — 4.89
BROAD — 9'5"
VERTICAL — 31"

DERRICK TANGELO

2022 DT: TOP-3 IN 6 TESTS



DERRICK NNADI, DL



10-YD — 1.51*
40-YD — 4.29*

*PRO DAY

ADRIAN COLBERT, S

BPS 2023 NFL VIDEO

WWW.BOMMARITOPERFORMANCE.COM/PRO/
YOUTUBE.COM/BOMMARITOPERFORMANCE



10-YD — 1.62
20-YD — 2.62
40-YD — 4.62
BENCH — 20

UCHENNA NWOSU, LB/DE

2ND ROUND PICK



40-YD — 4.43
VERTICAL — 38"
SHUTTLE — 4.12
3-CONE — 6.71

JAKE FUNK, RB



JOHN JENKINS, DT



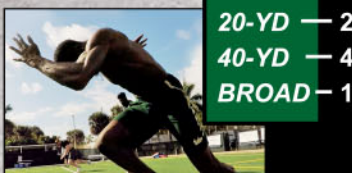
20-YD — 2.47
40-YD — 4.49
VERTICAL — 35.5"
3-CONE — 6.89

JARET PATTERSON, RB



LAVISKA SHENAULT JR.

2ND ROUND PICK



20-YD — 2.44
40-YD — 4.37
BROAD — 10'4"

MARQUEZ VALDES-SCANTLING

FASTEST OVERALL (20YD), 2018



ROBERT QUINN, DE

PRO BOWL



40-YD — 5.00
BROAD — 9'5"
BENCH — 31

ANDREW BILLINGS



RAHEEM MOSTERT, RB



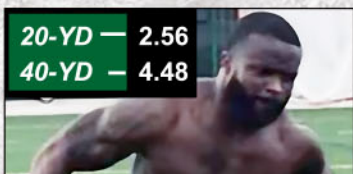
40-YD — 4.38
SHUTTLE — 3.96
BENCH — 19

AVERY WILLIAMS, CB

FASTEST SHUTTLE, CB, 2021



ZAIRE FRANKLIN, LB



20-YD — 2.56
40-YD — 4.48

KE'SHAWN VAUGHN, RB



LATAVIUS MURRAY, RB

PRO BOWL

WELCOME TO THE REVOLUTION