

NFL COMBINE & PRO DAY PREP TRAINING PROGRAM

2021

ONE:9

SPORTS PERFORMANCE & FITNESS



ARGYLE

ABOUT US

ONE:9 SPORTS PERFORMANCE & FITNESS - ARGYLE, LLC IS A TRAINING FACILITY ROOTED IN THE SCIENCE OF HUMAN PERFORMANCE. SINCE OPENING OUR DOORS IN THE SUMMER OF 2018, WE HAVE DEVELOPED A STRONG FAMILY OF COACHES AND CLIENTS WHO, TOGETHER, HAVE ACHIEVED A RESPECTABLE LIST OF ACCOMPLISHMENTS. WE HAVE WON IMPORTANT GAMES, TOURNAMENTS, CHAMPIONSHIPS, OLYMPIC RACES, AND WORLD RECORDS. ONE:9 - ARGYLE IS THE BEST KEPT SECRET FOR NFL COMBINE TRAINING AND PRO DAY PREPARATION, WITH THE MOST ELITE TRAINING SYSTEMS AND COACHES THAT GIVE OUR ATHLETES AN EDGE OVER EVERYONE ELSE.

BE STRONG . BE BOLD. BE COURAGEOUS.



"Having the opportunity to work with the team at One:9 - Argyle, was huge for me during my time in Texas. These guys know what it takes to help you get to the next level!"

Jeff Wilson Jr, San Francisco 49ers

University of North Texas

"Their team of professionals are second to none.
Be prepared to be pushed beyond your limits"

Trinity Benson, Denver Broncos
East Central Oklahoma



"You need to learn from the best to become the best.
One:9 - Argyle provided me with more than just
training, they are family."

Donovan Isom, Current NFL Free Agent QB
Texas Wesleyan



"My guys at One:9 - Argyle are the real deal. They are
extremely organized and pay attention to detail. I
wouldn't want to train anywhere else"

Omar Manning, Future NFL Draft Pick
University of Nebraska



WHO'S NEXT?

PRE DRAFT ALUMNI

TRINITY BENSON
DENVER BRONCOS



MARCELL ATEMAN
OAKLAND RAIDERS



DAVID MOORE
SEATTLE SEAHAWKS



VICTOR HUBBARD
NFL/CFL FREE AGENT



JERROD HEARD
UNIVERSITY OF TEXAS ALUM



DONOVAN ISOM
NFL/CFL FREE AGENT



JOSH JACKSON
GREEN BAY PACKERS



CEDRIC WILSON
DALLAS COWBOYS



PRE DRAFT ALUMNI



ONE:9

SPORTS PERFORMANCE & FITNESS



ARGYLE

PERFORMANCE TRAINING THAT IS SPECIFIC TO FUNCTIONAL AND PERFORMANCE WITH A FOCUS ON ENHANCING STRENGTH, EXPLOSIVENESS AND MOVEMENT TECHNIQUES. OUR UNCONVENTIONAL TRAINING TECHNIQUES ARE DESIGNED TO PREPARE ATHLETES FOR EVERY PHYSICAL POSITION-SPECIFIC DRILL, SPEED TEST, PHYSICAL EXAMINATION, MEDICAL EXAMINATION, AND AGILITY TEST. YOU'LL LEAVE OUR PROGRAM A BETTER ATHLETE READY TO DOMINATE THE COMBINE OR YOUR PRO DAY.

HERE AT ONE:9 - ARGYLE SPORTS PERFORMANCE YOU'LL HAVE AN ENTIRE TEAM OF EXPERTS WORKING TOGETHER TO ASSIST YOU IN EXECUTING YOUR INDIVIDUAL PLAN IN ORDER TO ATTAIN YOUR GOALS. OUR COACHES, NUTRITIONISTS, AND MOBILITY SPECIALISTS ARE ALL WORKING TOGETHER TO MAKE SURE YOU ACHIEVE YOUR DESIRED RESULTS.

ONE:9 - ARGYLE PERFORMANCE TRAINING IS BASED OFF OF YOUR NEEDS. OUR INDIVIDUALIZED SYSTEMATIC APPROACH TO EACH TRAINING SESSION HELPS ENSURE THAT WE STRENGTHEN WEAKNESSES WHILE SIMULTANEOUSLY TRAINING FOR LONGEVITY AND PEAK PERFORMANCE.

ONE:9

SPORTS PERFORMANCE & FITNESS



ARGYLE

OUR PERFORMANCE FACILITY



ONE:9

SPORTS PERFORMANCE & FITNESS



ARGYLE

HIGHLIGHTS & RESULTS

WE ALWAYS TAKE PRIDE IN THE QUALITY OF TRAINING AND CARE FOR OUR ATHLETES, AND WE LET THEIR PERFORMANCES AT THEIR PRO DAYS SPEAK TO THAT.

TEST/DRILL	CHANGE
Fat %	— -3.7 Pounds
Fat Weight	— -7.7 Pounds
Lean Weight	— +13.7 Pounds
Vertical Jump	— +4 Inches
Broad Jump	— +9 Inches
40-Yard Dash (10-Yard Start)	— -0.12 Seconds
40-Yard Dash	— -0.4 Seconds
20-Yard Shuttle (Pro-Agility)	— -0.3 Seconds
3-Cone Drill (L-Drill)	— -0.4 Seconds
225LB Bench Press Max Reps	— +6.4 Reps



HIGHLIGHTS & RESULTS

THESE ARE SOME OF THE HIGHLIGHTS THAT OUR ATHLETES HAVE BEEN ABLE TO DISPLAY AT THEIR RESPECTIVE PRO-DAYS OVER THE YEARS

- **Trinity Benson, WR - East Central Oklahoma**
 - **2019 East Central Oklahoma Pro Day**
 - 40 Yard Dash - 4.35 sec (NFL Combine Rank (Tied 7th))
 - Vertical Jump - 40.5" (NFL Combine Rank (Tied 8th))
 - Broad Jump - 10'4"
 - Shuttle - 4.22 sec
- **Donovan Isom, QB - Texas Wesleyan**
 - **2020 One:9 - Argyle Sports Laser Times (COVID-19)**
 - 40 Yard Dash - 4.79 sec
 - Vertical Jump - 36 1/2"
 - Broad Jump - 9'8 3/8"
 - Shuttle - 4.25
- **Darrian McMillan, DL - University of North Texas**
 - **2020 One:9 - Argyle Sports Laser Times (COVID-19)**
 - 40 Yard Dash - 4.83 sec
 - Vertical Jump - 33"
 - Broad Jump - 10' 3/4"
 - Shuttle - 4.33 sec
- **Jerrod Heard, WR - University of Texas**
 - **2019 Univ. of Texas Pro Day**
 - 40 Yard Dash - 4.48 sec
 - Vertical Jump - 36.5"
 - Broad Jump - 9' 10"
 - Bench (225 lbs Reps) -19
- **Victor Hubbard, DB - Peru St**
 - **2020 One:9 - Argyle Sports Laser Times (COVID-19)**
 - 40 Yard Dash - 4.44 sec
 - Vertical Jump - 40.5"
 - Broad Jump - 10'3 1/4"
 - 3-Cone - 6.75 sec
- **Eldridge Thompson, LB - Univ. of South Carolina**
 - **2020 One:9 - Argyle Sports Laser Times (COVID-19)**
 - 40 Yard Dash - 4.49 sec
 - Vertical Jump - 37"
 - Broad Jump - 10'1"
 - Shuttle - 4.01 sec

TRAINING INCLUDES



PERFORMANCE TRAINING



VIDEO MOTION ANALYSIS



SPEED TRAINING



PT / RECOVERY LOUNGE



CERTIFIED SUPPLEMENTS

TRAINING INCLUDES



MOCK COMBINE TESTING



SKILLS TRAINING



DAILY NUTRITION



TEMPORARY HOUSING



ONE:9 - ARGYLE APPAREL

COACHING STAFF



Antonio Griffin

One:9 - Argyle Sports Performance

Owner & Founder

Director of Performance Development

Founded One:9 - Argyle with a mission of helping athletes of all ages and all sports reach their full potential, using the similar training philosophies and training approaches he used in his own career.

Under Coach Griffin's guidance and programming 30+ successful professional athletes have called One:9 - Argyle Sports Performance their training home.

Coach Griffin's motivational techniques are a benefit to athletes and coaches desirous of improving the work ethic, focus, and professional approach needed to achieve at the highest level



Chris Givens

One:9 - Argyle Sports Performance

NFL Draft Program Director

WR and Speed Specialist

Selected by the St. Louis Rams in the fourth round (96th overall) in the 2012 NFL Draft. Givens was the first player selected on Day 3 of the 2012 Draft.

Givens played 4 years of professional football in the NFL for three different teams, the Rams, Ravens and Eagles, and ended his rookie campaign with 42 catches for 698 yards and 3 touchdowns, leading all Rams receivers in receiving yards.

COACHING STAFF



James "Tank" Reed

One:9 - Argyle Sports Performance
O-Line & D-Line Specialist

Founder/Lead defensive line trainer for Tank Elite Performance training program. Coach Tank is a defense line player development specialist and consultant. In his 15+ years of experience, he has developed hundreds of offensive and defensive linemen.

As a professional player development specialist, he has supported over 25 defensive linemen and linebackers for the NFL combine over the last 8yrs.



Carl Thomas Jr. (Coach Bird)

One:9 - Argyle Sports Performance
NFL Wide Receivers Coach

Owner & Founder of Coach Bird Academy
Coach Bird is WR development specialist based out of the Dallas, TX area. In his 10+ years of coaching experience he has helped with the development of many collegiate and NFL WRs.

Coach Bird has coached WRs such as Cedrick Wilson, Lance Lenoir, Omar Manning, Laviska Shenault, and many more.

TRAINING PROGRAM

IN ORDER TO ENSURE QUALITY INSTRUCTION, ONE:9 - ARGYLE WILL ONLY ACCEPT A MAXIMUM OF 15 ATHLETES IN ITS COMBINE/PRO DAY PROGRAM. THE COMPREHENSIVE TRAINING PROGRAM WILL CONSIST OF THE FOLLOWING:

BIOMECHANICAL/FUNCTIONAL MOVEMENT ASSESSMENT

ALL ATHLETES WILL UNDERGO AN INITIAL EVALUATION TO ASSESS PREVIOUS/CURRENT INJURIES AND MOVEMENT PATTERNS. FINDINGS WILL BE USED TO IMPLEMENT CORRECTIVE EXERCISES AND PROGRAM MODIFICATIONS FOR EACH ATHLETE. VIDEO ANALYSIS WILL BE USED THROUGHOUT THE PROGRAM TO ASSESS AND TEACH PROPER SPRINT, CHANGE OF DIRECTION, AND JUMPING MECHANICS.

NUTRITIONAL ASSESSMENT & PROGRAMMING

NUTRITIONAL TIMING, QUALITY, AND QUANTITY ARE EXTREMELY IMPORTANT FOR OPTIMAL PERFORMANCE. ALL ATHLETES WILL GO THROUGH BODY COMPOSITION (BOD POD) TESTING TO ASSIST OUR COACHES IN CREATING A WELL-STRUCTURED MEAL PLAN. EACH ATHLETE WILL RECEIVE A NUTRITIONAL ANALYSIS, MEAL GUIDANCE, AND POST-WORKOUT SUPPLEMENTATION. LUNCHEAS AND DINNERS WILL BE PROVIDED AS AN OPTIONAL SERVICE (SEE PRICING).



TRAINING PROGRAM

PERFORMANCE/COMBINE TRAINING

ATHLETES WILL TRAIN 5 DAYS PER WEEK (M,T, W, TH,F, SA), STARTING AT 10 AM. WORKOUTS WILL SPECIFICALLY FOCUS ON IMPROVING THE COMBINE-SPECIFIC DRILLS, AS WELL AS DEVELOPING OVERALL SPEED, AGILITY, QUICKNESS, FOOTWORK, AND MOBILITY. POSITIONAL DRILLS PERFORMED AT THE COMBINES WILL ALSO BE TRAINED FOR DURING THESE SESSIONS. THE LATTER PART OF THE WORKOUTS WILL FOCUS ON STRENGTH AND POWER DEVELOPMENT.

MOCK COMBINE TESTING & PLAYER EVALUATION

THE FIRST DAY OF TRAINING WILL CONSIST OF A MOCK COMBINE. THIS ALLOWS THE COACHING STAFF TO GAIN AN UNDERSTANDING OF THE STRENGTHS AND WEAKNESSES OF EACH ATHLETE BEFORE BEGINNING THE PERFORMANCE PROGRAM. SCORES FROM THE MOCK COMBINE WILL BE COMPARED TO RESULTS FROM THE PREVIOUS YEAR'S NFL COMBINE TOP PERFORMERS. ATHLETES WILL BE ABLE TO UNDERSTAND WHERE THEY NEED TO BE AND SET REALISTIC GOALS FOR THE NEXT 6-12 WEEKS.

THE COMBINE WILL INCLUDE THE FOLLOWING TESTS:

- 40-YARD DASH (WITH 10, 20 SPLITS)
- VERTICAL JUMP
- 3-CONE DRILL
- BENCH PRESS (225# MAX REP)
- 20-YARD SHUTTLE
- BROAD JUMP



TRAINING CALENDAR & SCHEDULE

NFL SCOUTING COMBINE, LUCAS OIL STADIUM, INDIANAPOLIS, INDIANA.

****DATES ARE TBA****

THE COMBINE PREP PROGRAM WILL BE HELD:

JAN. 4, 2020 - FEB 2021 (DATES HAVE NOT BEEN ANNOUNCED)

THE PRO-DAY PREP AND CONTINUATION PROGRAM WILL BE HELD:

JAN. 4, 2020 - APR. 2, 2021

2021 NFL DRAFT

APRIL 29, 2021 - MAY 1, 2021 IN CLEVELAND, OHIO

DAILY TRAINING FORMAT SHALL BE AS FOLLOWS

- **PREHAB/CORRECTIVE EXERCISES/SELF-MYOFASCIAL RELEASE**
- **DYNAMIC WARMUP**
- **SPEED MECHANICS**
- **COMBINE DRILL EXERCISES AND REPS**
- **SPEED TRAINING (MON/WED)**
- **AGILITY AND POSITION-SPECIFIC DRILLS (TUE/THU)**
- **LOWER BODY STRENGTH TRAINING (TUE/THU)**
- **UPPER BODY STRENGTH TRAINING (MON/WED/FRI)**
- **PLYOMETRIC AND POWER TRAINING**
- **POST-WORKOUT RECOVERY SUPPLEMENTATION (PROVIDED FOR ALL ATHLETES)**
- **LUNCH AND DINNER (OPTIONAL COST, PLEASE SEE "A LA CARTE PURCHASE OPTIONS")**

TRAINING SCHEDULE

<u>DAY</u>	9:30AM	10:00AM	12:00PM	1:30PM	3:30PM	6:00PM
MON	DYNAMIC WARMUP	FULL BODY LIFT (BENCH FOCUS)	LUNCH	ON FIELD SKILLS WORK		DINNER
TUE	DYNAMIC WARMUP	ACCELERATION/ 40YD TRAINING	LUNCH	PT/ RECOVERY		DINNER
WED	DYNAMIC WARMUP	FULL BODY LIFT (POWER & PLYO FOCUS)	LUNCH	ON FIELD SKILLS WORK	FRC	DINNER
THU	DYNAMIC WARMUP	LATERAL AGILITY/ SHUTTLE TRAINING	LUNCH	PT/ RECOVERY		DINNER
FRI	DYNAMIC WARMUP	UPPER BODY LIFT (BENCH EMPHASIS)	LUNCH	REST		DINNER
SAT	DYNAMIC WARMUP	MOCK COMBINE / PRO DAY	LUNCH	REST		DINNER
SUN	REST	REST	LUNCH	REST		DINNER

PRICING & PACKAGING INFORMATION

8 - WEEK NFL COMBINE/PRO DAY PREP TRAINING

INCLUDED SERVICES

- PERFORMANCE TRAINING PROGRAM / COMBINE / PRO DAY TRAINING
- UCRYO & RECOVERY / SPORTS THERAPY MASSAGE
- DAILY RECOVERY SNACKS & DAILY SUPPLEMENTS
- MOBILITY SCREENING & INJURY PREVENTION
- PERFORMANCE METRIC TRACKING, PROTEUS MOTION & EVOLT SCANS
- VIDEO ANALYSIS & DRILL TECHNIQUE
- MOCK PRO DAY & COMBINE SIMULATION
- ATLET PERFORMANCE TRAINING GEAR:
 - ONE:9 - ARGYLE NFL DRAFT PREP PULLOVER
 - ONE:9 - ARGYLE NFL DRAFT PREP POLO
 - ONE:9 - ARGYLE NFL DRAFT PREP PERFORMANCE TEE (3)
 - ONE:9 - ARGYLE NFL DRAFT PREP BACKPACK
 - NIKE WORKOUT SHOES
 - NIKE CLEATS
- FREE TRAINING SUPPORT UNTIL PRO DAY
- FREE TRAINING SUPPORT UNTIL MINI - CAMP / OTAS

DRAFT PREP STANDARD TOTAL = \$3,750

A LA CARTE PURCHASE OPTIONS

- DAILY MEAL PREPARATION (LUNCH & DINNER OPTIONS)
- DNA NUTRITIONAL BLOOD TEST
- POSITION SPECIFIC SKILLS WORK & FIELD ACCESS
- TEMPORARY HOUSING - ROOMMATE

DRAFT PREP ELITE (NO HOUSING) TOTAL = \$7,250

DRAFT PREP ELITE (ROOMMATE HOUSING) TOTAL = \$12,000

PRICING & PACKAGING INFORMATION

12 - WEEK NFL COMBINE/PRO DAY PREP TRAINING

INCLUDED SERVICES

PERFORMANCE TRAINING PROGRAM / COMBINE / PRO DAY TRAINING

UCRYO & RECOVERY / SPORTS THERAPY MASSAGE

DAILY RECOVERY SNACKS & DAILY SUPPLEMENTS

MOBILITY SCREENING & INJURY PREVENTION

PERFORMANCE METRIC TRACKING, PROTEUS MOTION & EVOLT SCANS

VIDEO ANALYSIS & DRILL TECHNIQUE

MOCK PRO DAY & COMBINE SIMULATION

ATHLET PERFORMANCE TRAINING GEAR:

ONE:9 - ARGYLE NFL DRAFT PREP PULLOVER

ONE:9 - ARGYLE NFL DRAFT PREP POLO

ONE:9 - ARGYLE NFL DRAFT PREP PERFORMANCE TEE (3)

ONE:9 - ARGYLE NFL DRAFT PREP BACKPACK

NIKE WORKOUT SHOES

NIKE CLEATS

FREE TRAINING SUPPORT UNTIL PRO DAY

FREE TRAINING SUPPORT UNTIL MINI - CAMP / OTAS

DRAFT PREP STANDARD TOTAL = \$6,500

A LA CARTE PURCHASE OPTIONS

DAILY MEAL PREPARATION (LUNCH & DINNER OPTIONS)

DNA NUTRITIONAL BLOOD TEST

POSITION SPECIFIC SKILLS WORK & FIELD ACCESS

TEMPORARY HOUSING - ROOMMATE

DRAFT PREP ELITE (NO HOUSING) TOTAL = \$10,000

DRAFT PREP ELITE (ROOMMATE HOUSING) TOTAL = \$15,000

PACKAGING INFORMATION CONT.

- AS STATED PREVIOUSLY, ONLY 15 SPOTS ARE AVAILABLE FOR THIS PROGRAM. THIS PROGRAM WILL BE A FIRST COME-FIRST-SERVED OPPORTUNITY.
- PAYMENTS MUST BE RECEIVED PRIOR TO ANY TRAINING
- PARTIAL PAYMENTS ARE AVAILABLE, MINIMUM HALF PAYMENT UPFRONT AND THEN WEEKLY PAYMENT PLAN FOLLOWING.
- PLEASE EMAIL ACCOUNTS@ONE9PERFORMANCE.COM FOR ADDITIONAL CUSTOM PRICING OR EARLY START DATE(S).
- PAYMENTS FOR PHYSICAL THERAPY CARE WILL BE HANDLED SEPARATELY FROM ONE:9 - ARGYLE AND DIRECTLY WITH THE PROVIDER. THEY ARE NOT INCLUDED IN THE ABOVE PRICES.
- THE 8-WEEK PRE DRAFT PROGRAM EXPIRES 8 WEEKS AFTER YOUR START DATE, REGARDLESS IF ALL WORKOUTS HAVE BEEN COMPLETED. THERE ARE NO EXCEPTIONS OR PRO-RATING FOR THIS PROGRAM.
- THE PRO DAY PREP CONTINUATION PROGRAM WILL BE PRO-RATED ON A WEEKLY BASIS.

TEMPORARY HOUSING



EMBASSY SUITES BY HILTON DENTON CONVENTION CENTER

3100 Town Center Tr, Denton, TX 76201
6.2 Miles/9 Min. from One:9 - Argyle

[WEBSITE](#)



DALLAS/FORT WORTH MARRIOTT HOTEL & GOLF CLUB AT CHAMPIONS CIRCLE

3300 Championship Pkwy, Fort Worth, TX 76177
13.1 Miles/16 Min. from One:9 - Argyle

[WEBSITE](#)



HILTON DALLAS/SOUTHLAKE TOWN SQUARE

1400 Plaza Place, Southlake, TX 76092
18.1 Miles/29 Min. from One:9 - Argyle

[WEBSITE](#)

ONE:9 - ARGYLE IS LOCATED IN A SECLUDED AREA TO LIMIT ANY TYPE OF DISTRACTIONS FOR OUR ATHLETES. THE SURROUNDING CITIES ARE FULL OF RESTAURANTS, A MALL, A MOVIE THEATER, SHOPS, AND MANY OTHER BUSINESSES.

CAR RENTALS & VEHICLE TRANSPORTATION



WEBSITE



WEBSITE



WEBSITE

ONE:9

SPORTS PERFORMANCE & FITNESS



ARGYLE

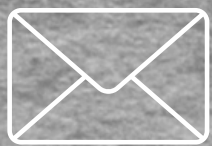
CONTACT US



4687 JOHNSON LN SUITE 1A, ARGYLE, TX 76226



940.240.5941



COACHTGRIFFIN@ONE9PERFORMANCE.COM



WWW.ONE9PERFORMANCE.COM/NFLDRAFTPREP

ONE:9

SPORTS PERFORMANCE & FITNESS



ARGYLE

FIND US ON SOCIAL



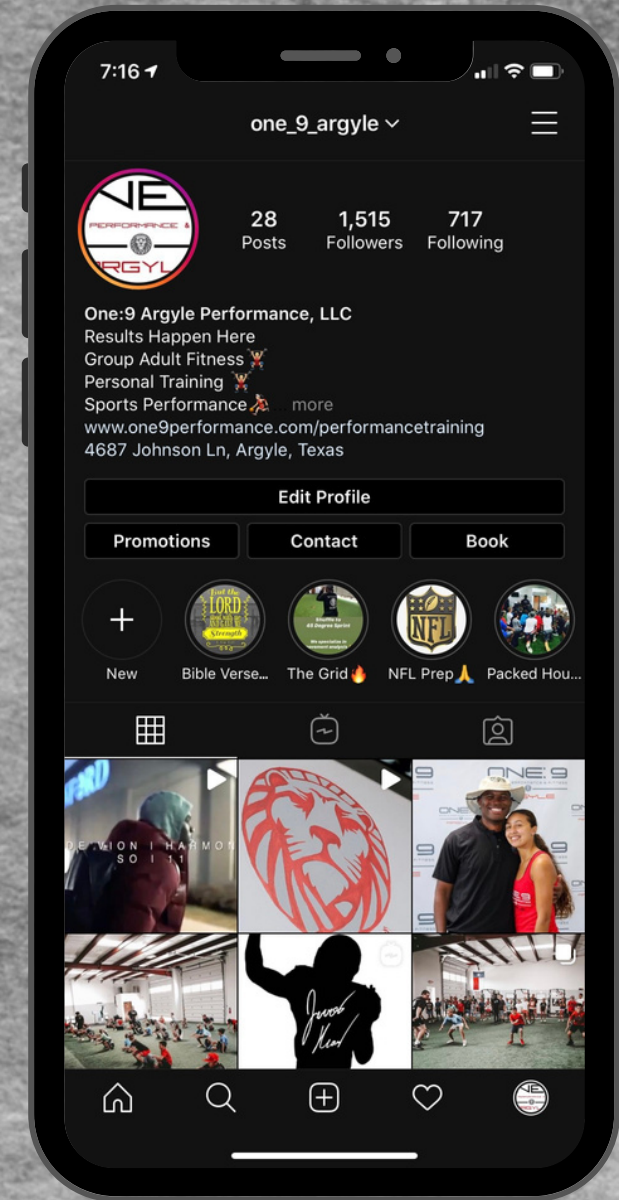
@ONE_9_ARGYLE



@ONE9ARGYLE



@ONE_9_ARGYLE



ONE:9

SPORTS PERFORMANCE & FITNESS



ARGYLE