



Alex Bars



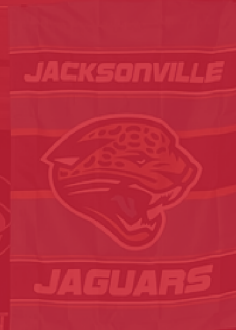
Craig Stern



Brad Bars



Cody Carroll



The Foundation



Al Franklin

SIX1FIVE

SPORTS TRAINING





PROGRAM DIRECTOR

COACH KEVIN FITZGERALD

25+ YEARS TRAINING

**AT FLORIDA STATE
NOTRE DAME
VANDERBILT**

SIX1FIVE SPORTS TRAINING





The Process

We will work with each player's unique situation and adjust their training schedule accordingly. Whether it's Bowl Game, All Star Game or rehab, we'll develop a program where your client will be in his best shape prior to the NFL Combine & Pro Day.



The Program

WHOO! & PUSH JOIN FORCES. WE ARE EXCITED TO ANNOUNCE THAT PUSH HAS JOINED WHOO!, THE HUMAN PERFORMANCE COMPANY. x

 PUSH

615

HOME

PRODUCT

RESOURCES

FOR TEAMS

LOGIN

PUSH PRO SYSTEM

Utilize Velocity-Based Training (VBT) to assess your athletes, drive training intent and improve performance with objective training data.

We use Push Pro to monitor our athletes training data to improve power, speed, and injury prevention

#PathToTheDraft

Attention to detail and fine tuning each player's running style will maximize his full potential. Correcting a small deficiency will translate into a larger time improvement in each drill.

Since Program Inception

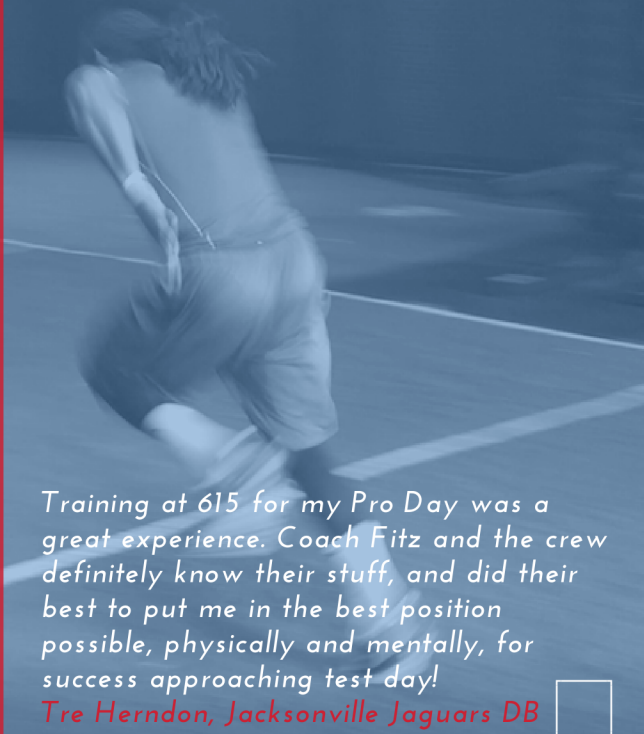
.22

Average improvement in 40 Yd Dash

.28

Average improvement in 5-10-5

SPEED TRAINING



Training at 615 for my Pro Day was a great experience. Coach Fitz and the crew definitely know their stuff, and did their best to put me in the best position possible, physically and mentally, for success approaching test day!

Tré Herndon, Jacksonville Jaguars DB



STRENGTH TRAINING

"SixtFive has been great to work with and Coach Fitz is in tune with what NFL prospects need to improve their draft stock. Their attention to detail is outstanding and results prove that."

James Krenis, NFL Agent

Every rep counts. We emphasize velocity-based training to create more explosive players. This type of training, along with proper technique, gives each player an advantage in testing & on the field.

Since Program Inception

4.75"

Average improvement in Vertical Jump

6.0"

Average improvement in Broad Jump



COMBINE-SPECIFIC TRAINING

□ ————— □
Train for each drill with precision-
do not just rep each drill, perfect
each drill

POSITION-SPECIFIC TRAINING

□ ————— □
Understand what it takes to be
successful in the League as you
work with former Pros

COMBINE & PRO DAY REHEARSAL

□ ————— □
Physically & mentally prepare for
the Combine during training to
retain focus & reach peak
performance

RECOVERY IN TRAINING

□ ————— □
The key to maximizing training is
proper recovery-our team of
professionals allows you to give
100% every day

#NFLCombine2023



BRAD BARS

DE/LB - GIANTS

6'3" 265 lbs

Penn State University

40 Yd Dash: 4.70s

3-Cone: 7.05

5-10-5: 4.24s

Broad Jump: 9'7"

Vertical Jump: 31"

Bench Press: 27 reps

Undrafted - Made the 53



“One of the biggest advantages of training at Six1Five is that you are forced to get better in every phase of the combine. Coach Fitz makes sure that you reach your personal goals and pushes you even further. He had techniques for me to use that some of the guys that trained at the larger facilities didn’t which gave me an advantage. I recommend training here if you have tunnel vision to get better. They don’t waste your time or fill the day with unnecessary things.” – Brad Bars, Former DE New York Giants



VANDERBILT UNIVERSITY - DEFENSIVE BACK

TRE HERNDON

Undrafted Free Agent on Jaguars Opening Day Roster

Improvements at 615

40 Yd Dash: 4.47s - Improved .23s

Vertical Jump: 34.5" - Improved 3.5"

Broad Jump: 10'6" - Improved 15.5"

3 Cone: 6.75s - Improved .54s

5-10-5: 4.20s - Improved .24s



A full-page background image of Sterling Bailey, a Black male athlete, running on a green field. He is wearing a dark blue Under Armour jersey with the number 2 and 'DL' on it, and matching shorts. He is also wearing bright green and black gloves. The background is a blurred stadium setting.

STERLING BAILEY

Defensive End

6'3" 295 lbs

University of Georgia

40 Yard Dash

1/18/16 - 5.39s

2/28/16 - 5.23s

3/16/16 - 5.00s



#NFLCombine



AVAILABLE SERVICES

SPEED TRAINING
COMBINE-SPECIFIC TRAINING
STRENGTH TRAINING
NFL COMBINE SUPPORT IN INDY
INTERVIEW & WONDERLIC PREP
RECOVERY MASSAGES
PHYSICAL THERAPY
SPORTS CHIROPRACTIC CARE
LODGING
RENTAL CAR
NUTRITION CONSULTATION
MEALS & SUPPLEMENTS
OTHER RECOVERY SERVICES AVAILABLE



2022-2023 NFL COMBINE TRAINING PRICING

BASE PRICE \$250/ PER MONTH

Base Training Package Includes:

- **Speed and Agility Training**
- **Strength Training**
- **Combine Drills**

MULTI-PLAYER DISCOUNT

3-5 PLAYERS - 10%

6+ PLAYERS - 20%

We are confident our training will enhance your client's performance. Our Training Package is priced below market so you don't pay the market rate unless we do our job and improve your client's draft/roster status. Our bonus (outlined on next slide) is earned only if you earn commission on your client.

MORE INFORMATION

615 PERFORMANCE BONUS

Bonuses are paid to Six1Five when the draft/roster status is earned by your client.

Athlete Signed as Free Agent- \$300

Athlete Drafted in 7th or 6th Round- \$400

Athlete Drafted in 5th or 4th Round- \$600

Athlete Drafted in 3rd Round- \$700

Athlete Drafted in 2nd Round- \$800

Athlete Drafted in 1st Round- \$1000

PREMIUM SERVICES

(AVAILABLE AS ADD-ONS)

Lodging- Hotels, Corporate Apartments Available

(paid directly to housing partner)

WoodSprings Suites: from \$50/night (1 or 2 players)

Home2Suites Hilton: From \$89/nt (1 player)

Staybridge Suites from \$80/night (1 player)

ExecuStay Apartments (Up to 3 players)

Combine Prep

Position-Specific Training (\$100-200/Session Based on Coach)

Recovery Therapy

Massage Therapy (\$125-200/Massage)

Physical Therapy Treatments (\$115/Treatment)

Sports Chiropractic Exam (\$150 Initial Exam, \$75/Exam Ongoing)

IASTM Treatment (\$80/Session)

Cryotherapy Sessions (\$450/Unlimited Sessions)

Float Therapy Sessions (\$85/Session)

Meals

Nutrition Consultation (\$75/hr)

3 Meals Per Day (\$300/Week)

Rental Car

Full Size Sedan (\$175/wk)

All a la carte prices are subject to change



THE FUTURE IS NOW


DRAFT
2018

MICHELLE EVANS-AGENT LIAISON

615-440-8688

MEVANS@615SPORTSTRAINING.COM

KEVIN FITZGERALD-PROGRAM DIRECTOR

615-497-1563

KFITZGERALD@615SPORTSTRAINING.COM

