

NFL PRE-DRAFT TRAINING PROGRAM



UNITED
TRAINING SYSTEMS



MISSION

At United Training Systems, we firmly believe in a principled approach and are dedicated to empowering individuals through our athlete training programs. Our focus is on guiding you towards peak performance that allows you to take control of your own journey and process. We provide performance advice and practical applications of cutting-edge tactics with embedded technology to enhance your sports education and help you unlock your full potential.



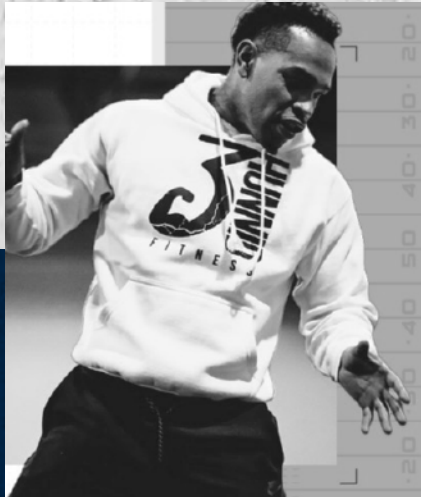
PERSONAL HISTORY

United Training Systems was founded by Bryan McCall, known as 'BMac', who has dedicated over 26 years to the human performance industry. At United Training Systems, we focus on empowering individuals through our athlete training programs, helping them take control of their journey towards peak performance. Our mission is to provide the necessary support and resources for clients to excel in their sport and life through effective sports education and peak performance coaching.

SKILL COACHES AND SUPPORT STAFF



David
Robinson
WR



Josh
Hick
RB



Craig
Nall
QB



Malcom
Goines
Edges



Brandon
Tucker
DT



Victor
Butler
LB



Jonathon
Wade
DB



Chris
Carter
Meals



Ryan
Luckey
*Leadership/
Business*



Yolanda
Addison
Media Prep



Bayleigh
Wheat
Body Work



Dr. Auora
*Medical
Director*



THE PROGRAM

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- **SPEED SYSTEM**
- SKILL INTEGRATION
- HEALTH & MEDICAL IMPLEMENTATION
- NUTRITION & FOOD SERVICES
- LEADERSHIP, ENTREPRENEURISM & CHARACTER DEVELOPMENT
- INDY SUPPORT SERVICES



SPEED SYSTEM

Our historic speed training system has been utilized by several training centers overtime to produce some of the NFL combine's best performance ever. The likes of Michael Johnson Performance and Sports Academy have all utilized the United Training Systems' speed methodology to power their programs and athletes. The breakdown and teaching of the combine drills is unprecedented and the results speak for themselves.

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SKILL INTEGRATION

The strategic integration of position-specific skill training is a mandated part of the preparation training.

Not only are athletes preparing for the predraft position drills the program is also preparing for the NFL seasons. Far too often, programs are specialized in combine speed training at the expense of football specific work with the correct load and volume to translate to training camp. Our position coaches are the best in the game and have years of proven success prepping athletes for their rookie season.

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HEALTH & MEDICAL IMPLEMENTATION

The program offers a medical director to oversee all orthopedic evaluations and physical therapy needs. Every athlete will get personalized health care with our on-site manual therapist who will implement protective strategies based on the orthopedic evaluation. These finding will serve the athlete well beyond the program's end date. Our objective is to keep athletes' health for the entirety of their professional career.

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NUTRITION & FOOD SERVICES

The nutrition plan includes: overall health assessment of need, customized meal plans, weekly body composition monitoring, support supplementation for protein intake, hydration, and electrolyte levels to accommodate training volume. The objective here is to be in the best position to display electric speed, astonishing physical characteristics and the ability to sustain performance with stamina.

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LEADERSHIP, ENTREPRENEURISM & CHARACTER DEVELOPMENT

Preparing for the NFL means preparing for the business of becoming a professional athlete. Led by experts with deep experience in athlete marketing, sponsorship, NIL and media training, the program helps athletes understand, build and communicate their value beyond the field. Through applied sessions on personal brand, media preparation, sponsorships, partnerships and career management, athletes learn how to tell their story, engage effectively with media and club personnel, understand how brands evaluate talent, identify authentic commercial opportunities, and work effectively with agents and advisors throughout their careers.

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- **INDY SUPPORT SERVICES**



INDY SUPPORT SERVICES

The athlete will receive on-site support at Indy for the entire week they are present. This week will include a 5 day training flow and daily nutrition support, soft tissue extensibility and stability work.

Day 1	Flush Program
Day 2	Long Speed
Day 3	Power Prep
Day 4	Speed Prep
Day 5	Start Primer

ENROLL NOW & MAXIMIZE YOUR POTENTIAL!

469-406-7725 | bryan@unitedtrainingsystems.com | unitedtrainingsystems.com | 6051 Alma Rd, McKinney, TX



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