

DYNAMIC SPORTS TRAINING NFL COMBINE PREP



www.DynamicSportsTraining.com

COACHES

KYLE KLEEMAN

DIRECTOR OF NFL OFF-SEASON TRAINING

LEE FIOCHI

FOUNDER AND OWNER OF DST

JOSH GRABER

AGENT LIAISON & MENTAL PERFORMANCE COACH

BEN TATE

FORMER DST ATHLETE & POSITION SKILLS COACH; 5-YEAR NFL VETERAN

SAMMY KNIGHT

FORMER DST ATHLETE & POSITION SKILLS COACH; 12-YEAR NFL VETERAN, PRO-

BOWLER, SAINTS HOF

REGGIE WILLIAMS

FORMER DST ATHLETE & POSITION SKILLS COACH; 7-YEAR NFL VETERAN

DANARIO ALEXANDER

POSITION SKILLS COACH; 4-YEAR NFL VETERAN

KHALIF BARNES

POSITION SKILLS COACH; 13-YEAR NFL VETERAN

DR. CASEY HO

MEDICAL TEAM, HYPE SPORTS MEDICINE

DR. STEPHEN FORD

MEDICAL TEAM, DYNAMIC SPINE & PERFORMANCE

JOANN BRITO

MASSAGE THERAPY SPECIALIST, VIP BODY WORX

AMENITIES



***NEW* 7200 SQ. FT.
WEIGHT ROOM**

-55 YARD SAND PIT-



-4 FOOTBALL FIELDS-

-400 METER TRACK-




-INDOOR TURF AREA-

-AND MUCH MORE-

ATHLETE TESTIMONIAL

"FROM THE MOMENT I MET KYLE WITH DST, I KNEW HE WAS A PERSON WHO COULD HELP ME REACH MY GOALS AND SOMEONE WHO WOULD HELP CHANGE MY LIFE FOR THE BETTER. DURING THE COMBINE TRAINING PROCESS, I WAS CHALLENGED, PUSHED AND TAUGHT A GREAT DEAL BY KYLE. I HAVE BEEN VERY IMPRESSED BY HIS PASSION TO HELP CLIENTS, HIS KNOWLEDGE, AND HIS ABILITY TO CONNECT WITH HIS CLIENTS. THROUGHOUT THE PROCESS I WAS FILLED WITH NEW KNOWLEDGE, FAITH, NUTRITIONAL VALUES, & WAS EDUCATED FOOTBALL SPECIFIC WISE BY SAMMY KNIGHT. THE WHOLE DST FAMILY IS INVOLVED, I LEARNED SOMETHING FROM EVERYBODY. I'M PART OF THE DST FAMILY & WOULD RECOMMEND THEM TO ANYONE!"

- CHUKUEMEKE EGBULE

 DRAFT PREP 2019 NFL DRAFT PREP			
ANALYTICS REPORT			
METRIC	BEGINNING	ENDING	% CHANGE
WEIGHT	249.4	245.0	1.76% ✓
BODY FAT	14.0%	12.0%	14.3% ✓
VERTICAL	28.4"	33.0"	16.2% ^
BROAD	115"	119"	3.48% ^
40 - LASER	4.87	4.66	4.31% ✓
40 - HAND	4.78	4.58	4.18% ✓
SHUTTLE	4.64	4.38	5.60% ✓
3 CONE	7.55	7.38	2.25% ✓
BENCH	8	20	250% ^
CHUKUEMEKE EGBULE - OLB UNIVERSITY of HOUSTON			



"THE SECRET OF
SUCCESS IS
TO BE READY
WHEN
YOUR
OPPORTUNITY
COMES."

SERVICES

FULL ASSESSMENT

SPEED TRAINING

STRENGTH TRAINING

POSITION WORK/DRILLS

NUTRITION PLAN

MEAL PREPARATION

SUPPLEMENTATION

MEDICAL TREATMENT

THERAPY TREATMENT

MENTAL PREPARATION

MEDIA PACKAGE

- MORE -



DST

DYNAMIC SPORTS TRAINING

LET'S ~~TALK~~

GET TO WORK!

EQUIP - ENCOURAGE - EMPOWER

PHONE

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SOCIAL



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