

FIT **SPEED**



**NFL COMBINE
& PRO DAY TRAINING**

PROGRAM CONTRACT

FUEL | TRAIN | DOMINATE | RESTORE | REPEAT

NFL COMBINE & PRO DAY TRAINING

P R O G R A M C O N T R A C T

Thank you for your interest in FitSpeed's NFL Combine/Pro Day Prep program. This document serves as a contract and will provide an overview of services rendered through our training program. Please initial, sign and return along with payment to FitSpeed, 1716 N. Commerce Pkwy., Weston, FL 33326 or email to info@fit-speed.com. Credit card payments or checks made payable to FitSpeed will be accepted.

FULL SERVICE - Pricing Information and Details

The official Combine/Pro Day training period begins January 2, 2018 and continues through March 5, 2018. Our full-service pricing for individuals is as follows:

- **8-week program:** \$12,000 (\$1,500 per week)
- **Each additional week:** \$1,250

To get a detailed breakdown of our training schedule, please reference our attached Combine/Pro Day calendar.

Full Service Training and Amenities Include:

- **Performance Training:** Speed, strength, football-specific field tests, recovery/restoration.
- **Position-Specific Coaching:** On-field coaching for football-specific drills.
- **Performance Nutrition:** Monday through Friday, each player will receive breakfast, lunch, dinner and snacks. On Saturdays, breakfast, lunch, and snacks will be served.
- **FitSpeed Chef:** Food will be made fresh every morning. Athletes will have a meal to take home every night. All food will be properly proportioned to meet each individual athlete's nutrition needs.
- **Nutrition Supplementation:** Nutrient support and recovery provided daily.
- **Evaluations:**
 - Biomechanical gait analysis and correction
 - Elite performance testing
 - Medical sport injury assessment
 - Nutritional and supplement profiles
 - Physical therapy
 - Massage therapy
 - Sports-specific chiropractic services
 - Neuroscience/Functional neurology
 - ATC
 - Video analysis of sports performance and event testing
- **Medical:** Full access to all therapy modalities (script based on evaluation of medical staff)
 - **Athletic Trainer:** Provides injury evaluation, management, rehabilitation and restoration for acute and chronic conditions.
 - **Physical Therapists:** Provides treatment techniques to restore, maintain and promote functional movement.
 - **Doctor of Functional Medicine (Chiropractor):** Restores function to spinal and peripheral joints that are fixated and not moving properly to optimize athletic performance.
 - **Vitamin IV Therapy:** Helps replenish the body's essential vitamins, minerals and water.
 - **Neuroscience/Functional Neurology Testing:** Brain-based strengthening and conditioning; proprioceptive training (balance). Vision Training: Speed to target, accuracy to target, recognizing blind spots and improving reaction time.
 - **Clinical Massage Therapy:** Utilize physical touch and pressures to promote healing of injuries and restoration of function.
- **Restoration:**
 - Electric Stimulation Therapy
 - Ultrasound
 - Game-ready
 - Recovery boots

Initials: _____

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P R O G R A M C O N T R A C T

- Cupping
- Kinesio taping
- Acupuncture
- Tool-assisted soft tissue manipulation
- Rock taping
- Myofascial release
- Proprioceptive Neuromuscular Facilitation stretching
- Moist hot packs
- Aqua roll (joint therapy)
- Warm Whirlpool
- Cold Whirlpool
- Infrared sauna
- Infrared whole body light pod
- Traction
- **Wonderlic test preparation**
- **Financial planning:** Educating young players on the financial realities they will face as professional athletes, including budgeting, long and short-term financial planning, retirement structuring and maximizing value as a NFL player.
- **Media training:** Teaching athletes proper communication skills in order to best develop their personal brand.

BASE TRAINING - Pricing Information and Details

- **8-week program:** \$5,000 (\$625.00 per week)
- **Each additional week:** \$550

Base Training Includes:

- **Performance Training:** Speed, strength, football-specific field test and recovery/restoration.
- **Evaluations:**
 - Biomechanical gait analysis and correction
 - Elite performance testing
 - Nutritional and supplement profiles
 - Video analysis of sports performance and specific events
- **Restoration:** 2 times per week
 - Recovery boots
 - Aqua roll (joint therapy)
 - Warm Whirlpool
 - Cold Whirlpool
 - Infrared sauna
- **Inquire within for à la carte items:**
 - Food \$250.00 per week (10 meals + snacks)
 - Massage \$190.00 per week (2 sessions)
 - Position Specific Training \$200.00 per week (2 sessions)
 - Full Service Medical \$400.00 per week (unlimited)

ALL FEES ARE TO BE PAID IN FULL BY JANUARY 2, 2018

Initials: _____

Housing:

All housing is to be reserved and paid for in advance before a player can check in. All agents must leave a credit card on file at the respective housing location. There will be no charge if there is no damage to the room. FitSpeed is not responsible for any offsite damages to players housing. We have corporate accounts and discounts at the following hotels:

Comfort Suites Weston:

Address: 2201 N Commerce Pkwy., Weston, FL 33326

Phone: 954-659-1555

Woodspring Suites Davie:

Address: 5700 Reese Rd., Davie, FL 33314

Phone: 754-600-3366

Vacation Village at Weston:

Address: 16461 Racquet Club Rd., Weston, FL 33326

Phone: 954-217-0162

Courtyard Weston:

Address: 2000 N. Commerce Pkwy., Fort Lauderdale, FL 33326

Phone: 954-343-2225

Rental Cars:

Cars are to be reserved and paid for in advance directly by the agent. The price of the car is determined by the size and make of the vehicle, as well as duration of the stay. We have set up deals for discounts at the following rental car companies:

Avis:

Coupon code: H168048

Phone: 800-525-7521

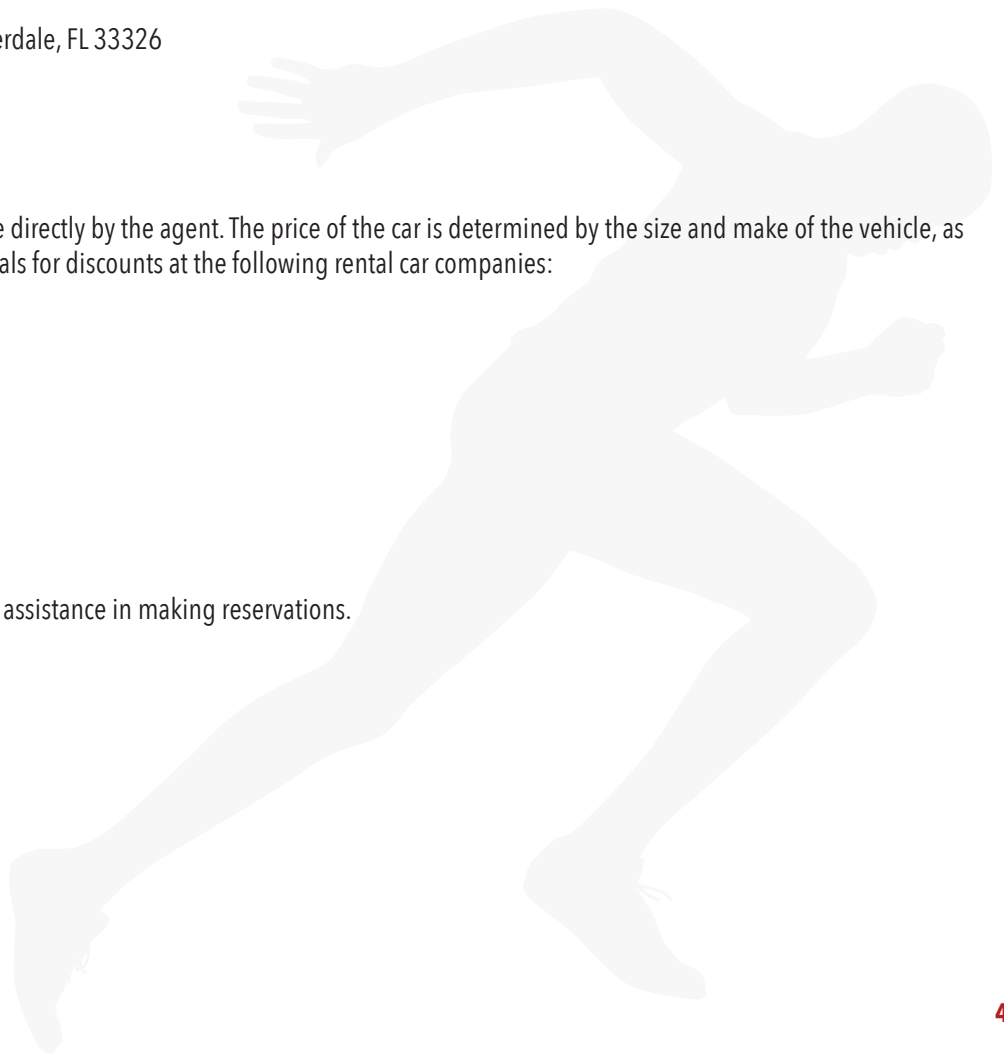
Enterprise Weston:

Coupon: 41M0174

Website: www.enterprise.com

Please contact us directly at 954-656-4047 for assistance in making reservations.

Initials: _____



NFL COMBINE & PRO DAY TRAINING

PROGRAM CONTRACT

Athletes:

Please fill out the names of the athletes who will be participating, as well as their estimated start and completion dates. All training services must be paid in full prior to starting the training program.

We offer a slot discount for multiple athletes from the same agency. Slot pricing is for **full service only** and is as follows:

_____ **1st slot: \$12,000** _____ **2nd slot: \$11,200** _____ **3rd slot: \$10,800** _____ **4th slot: \$10,300** _____ **5th slot: \$10,000**

Please list athletes that are attending below:

Athlete #1:

Name: _____

Position: _____ School: _____

Start Date: _____ Completion Date: _____

Full Service or Training Only: _____

Notes: _____

Athlete #2:

Name: _____

Position: _____ School: _____

Start Date: _____ Completion Date: _____

Full Service or Training Only: _____

Notes: _____

Athlete #3:

Name: _____

Position: _____ School: _____

Start Date: _____ Completion Date: _____

Full Service or Training Only: _____

Notes: _____

Initials: _____

Athlete #4:

Name: _____

Position: _____ School: _____

Start Date: _____ Completion Date: _____

Full Service or Training Only: _____

Notes: _____

Athlete #5:

Name: _____

Position: _____ School: _____

Start Date: _____ Completion Date: _____

Full Service or Training Only: _____

Notes: _____

Athlete #6:

Name: _____

Position: _____ School: _____

Start Date: _____ Completion Date: _____

Full Service or Training Only: _____

Notes: _____

Athlete #7:

Name: _____

Position: _____ School: _____

Start Date: _____ Completion Date: _____

Full Service or Training Only: _____

Notes: _____

Initials: _____





NFL COMBINE & PRO DAY TRAINING

P R O G R A M C O N T R A C T

Thank you again for selecting FitSpeed and allowing us to service you and your athletes.

By signing below, you acknowledge that you understand the terms and conditions of choosing FitSpeed as your training provider. If you have any further questions, you may contact us at any time at 954-656-4047.

This is a legal binding service agreement. Please sign and return along with payment to FitSpeed: 1716 N. Commerce Pkwy., Weston, FL 33326 or email to **info@fit-speed.com**

Name

Signature

Date

Agency

Credit Card Authorization Form

Credit Card: MasterCard Visa American Express

Name as it appears on card: _____

Billing address: _____

City, State, ZIP: _____

Phone: _____

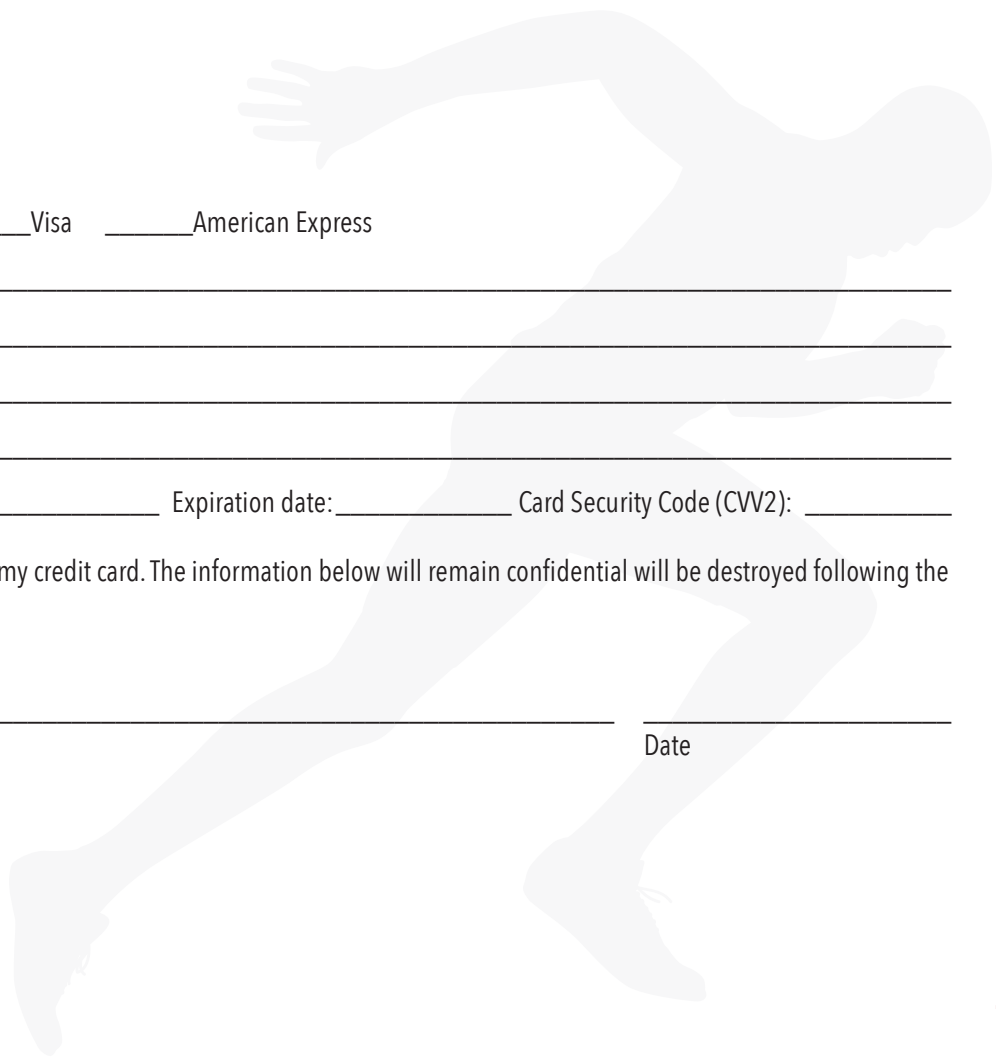
Card number: _____ Expiration date: _____ Card Security Code (CVV2): _____

I authorize FitSpeed to validate payment with my credit card. The information below will remain confidential will be destroyed following the transaction.

Signature

Date

Initials: _____



FIT SPEED WEEKLY SCHEDULE

TIME*	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM	Breakfast	Breakfast		Breakfast	Breakfast	
8:00 AM	Therapy	Therapy		Therapy	Therapy	
8:30 AM	Speed School: First Step Acceleration, Stance, & 40 Start Position	Speed School: Acceleration Drive Phase Mechanics 0-10 Yards		Speed School: Top End Speed	Change of Direction: L-Drill	
9:00 AM			Breakfast			Optional Recovery
9:30 AM			Therapy			Breakfast
10:00 AM			Change of Direction: Drills & Footwork			Upper Lift
10:30 AM	Protein Shake / Cool Down	Pump Lift		Protein Shake / Cool Down	Pump Lift	
11:00 AM	Upper Lift	Lunch	Position Drills	Upper Lift	Lunch	
11:30 AM						Lunch
12:00 PM						
12:30 PM	Lunch	Speed Work: Speed & Acceleration	Lunch	Lunch	Position Drills	
1:00 PM						
1:30 PM	Change of Direction: Shuttle					
2:00 PM		Lower Lift Lower Plyo / Vertical	Recovery	Speed Work: Overspeed Treadmill	Lower Lift	
2:30 PM				Film / Teaching		
3:00 PM	Film / Teaching				Therapy	
3:30 PM		Therapy				
4:00 PM	Dinner / Cool Down	Dinner / Cool Down	Dinner / Cool Down	Dinner / Cool Down	Dinner / Cool Down	

*All times are subject to change.

**UNLOCK
YOUR
POTENTIAL**

   @FitSpeedAP | www.Fit-Speed.com

FITSPEED

1716 N COMMERCE PKWY, WESTON, FL 33326