
NFL COMBINE AND PRO DAY TRAINING

TOTAL ATHLETES ARE
BUILT HERE



SEPARATE YOURSELF

RECEIVE **INDIVIDUAL** ATTENTION

TEST AT YOUR **BEST**

WORK WITH **ELITE SPECIALISTS**

TRANSFORM AS AN **ATHLETE** AND **PERSON**

IMPACT **PEOPLE** ON AND OFF THE **FIELD**

ATHLETIC ABILITY, POSITION SKILLS,
LEADERSHIP, MENTAL TOUGHNESS, PURPOSE.
GOOD FOOTBALL PLAYERS EXCEL IN SOME OF
THESE AREAS. GREAT ONES COMBINE THEM
ALL. OUR UNIQUE PERSPECTIVE CAN HELP
YOU CLOSE THE GAP BETWEEN WHERE YOU
ARE AND WHERE YOU WANT TO BE.

DEDICATED TEAM OF SPECIALISTS



Jeff Friday

Strength Specialist

- 21 years as a NFL Strength and Conditioning Coach
- Super Bowl winning Head NFL Strength and Conditioning Coach
- 9 years on the field of the NFL Combine with the Flexibility Station
- Coached 12 players to the Pro Football Hall of Fame including Randy Moss, Ray Lewis, Deion Sanders, Ed Reed, Shannon Sharpe, and John Randle
- Has coached 40 different players to the Pro Bowl
- Professional Strength and Conditioning Coach of the Year, in 2000



jefffriday.com



@CoachJeffFriday



linkedin.com/in/coachjefffriday

Certifications:

- Bachelor's Degree in Physical Education and Master's Degree in Exercise Science
- Certified Strength and Conditioning Specialist by the National Strength and Conditioning Association
- Board Certified in Therapeutic Massage & Bodywork
- Certified Full Body Level 1 Active Release Technique Provider
- Certified Touch for Health Level 4 by the International Kinesiological College
- Certified Level 1 Strength Coach by the United States Weightlifting Federation
- Functional Movement Screen (FMS) Certified Specialist



Skyy Simmons

Speed Specialist

- 7 years experience preparing athletes for the NFL Combine and Pro Days
- Coached at Brandon Marshall's FitSpeed in Weston, FL for 3 years
- Worked with over 20 NFL Combine participants including Jacoby Brissett, Kenny Galloway, Justin Simmons, Ryan Smith, and Cre'von Leblanc
- Has prepped over 20 athletes who have been signed to NFL teams
- Has prepped over 10 athletes who has been signed to CFL teams
- Works with sprinters who compete with USA Track



skyysimmons.com



@faithfocusfinish



@SkyySimmonsFFF

Personal Achievements:

- Athlete at Syracuse University and played in the CFL
- Speed: One of less than 20 people to run the 40 under 4.3 seconds, laser time (he ran a 4.28)
- Explosive: Has a 40.5 inch vertical jump
- Strong: 27 reps on the 225 pound bench press
- Bachelor's Degree in Information System Management and Master's Degree in Sports Administration



Paul Newman

Athletic Training Specialist / MS, LAT, ATC

- Certified Athletic Trainer for 36 years
- Licensed in Ohio by the Board of OTPTAT
- Bachelor's Degree in Health Education from the University of Florida
- Master's Degree in Exercise Science from Louisiana State University
- Athletic Trainer for USA Winter Olympic Team, 1994
- Former Assistant AD and Head Athletic Trainer at the University of South Alabama



goaia.org/sportsperformance

HOW WE PARTNER WITH YOU

EDUCATE

Our teaching system includes lectures and hands-on experiences in building character, leadership development, team building, faith, nutritional and recovery strategies, interview skills, and physical testing techniques.

PREPARE

Transformation will result because of our teaching. You will become faster, stronger, quicker, develop mental toughness, become a better teammate, and grow in your relationship with God.

EQUIP

We will train you to attain a high level of competence. You will be able to meet all of the demands placed on you during the NFL Combine/Pro Day. Your work ethic and professionalism will be reflected both on and off the field.

MENTOR

Our relationship does not end after your participation for the NFL Combine/Pro Day. We are available to guide your strength and conditioning journey, and to help you grow on and off the field.

“When it comes to gurus in the industry, there are only a few. To be a guru you have to be borderline genius and a great teacher. Skyy Simmons is in that category.”

Brandon Marshall

Owner of FitSpeed Athletic Performance and 6x Pro Bowler

NOT JUST A ONE TIME EVENT

COMBINE OVERVIEW

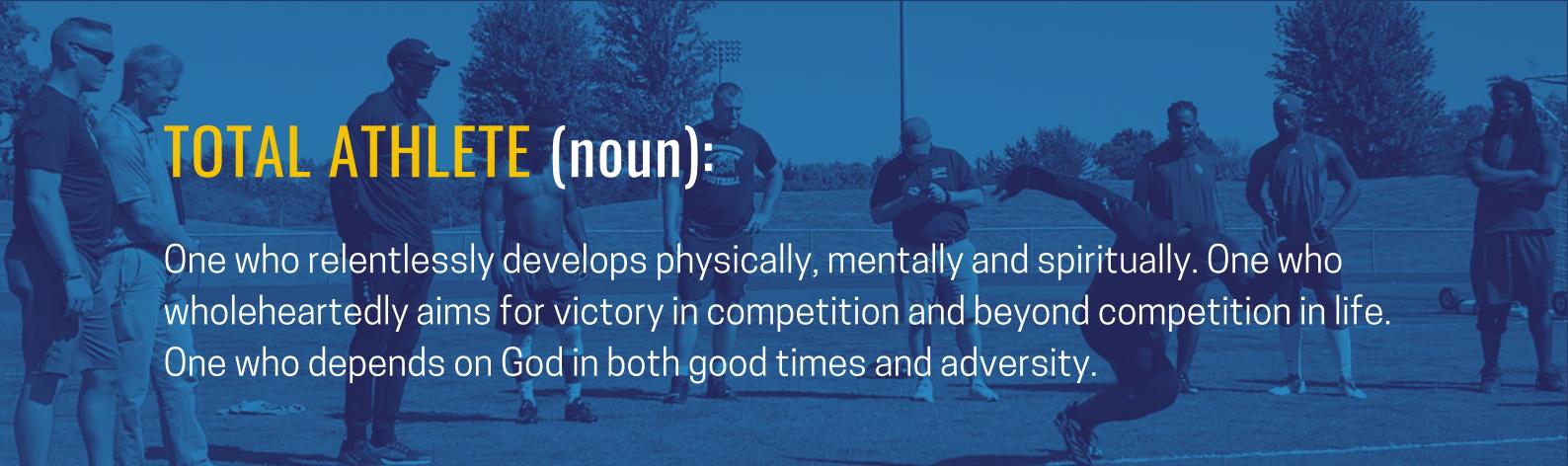
The TOTAL ATHLETE program prepares athletes for all aspects of the NFL Combine and Pro Days. Besides developing character and leadership skills, athletes will work on proper technique in speed and agility training for the 40-yard dash, 3-cone drill, and 20-yard shuttle. Power training will be incorporated to maximize results for the broad jump and vertical jump, along with strength/endurance training for the bench press. In addition, we will teach position skill drills that will occur on the field.

A certified athletic trainer is on staff and available to treat pre-existing injuries. Other support services include Wonderlic prep, interview training, and social media training. On-site meals and housing are provided on the AIA campus.

ONGOING INVOLVEMENT

This is the singular best place to develop as a TOTAL ATHLETE.

Our combine prep is different because our support does not end the minute athletes leave. Our team of experts continue the TOTAL ATHLETE journey with each active player through holistic mentorship, aiming for peak on-the-field and off-the-field impact. We are a phone call away. We are committed to continuing that support at the next level.



TOTAL ATHLETE (noun):

One who relentlessly develops physically, mentally and spiritually. One who wholeheartedly aims for victory in competition and beyond competition in life. One who depends on God in both good times and adversity.

AREAS OF DEVELOPMENT

BODY

- Health History
- Body Composition
- Sports Nutrition Counseling
- Strength/Power Training
- Speed Training
- Position Skill Drill Coaching
- Pool/Yoga Workouts
- Video Analysis

LEADERSHIP

- CliftonStrengths & CoreClarity test
- Using personal strengths to lead
- Resolving conflicts
- Winning the locker room
- Teamwork skills
- Build into others

MIND

- Build Mental Toughness
- Interview Training
- Wonderlic Prep
- Sports Psychology Coaching
- Learn how brain activity impacts body output

SOUL (optional)

- How faith influences on-field performance and off-field impact
- Living your values as a professional
- Devotionals
- Mentorship with staff network



BECOME A TOTAL ATHLETE

DISTRACTION FREE CAMPUS

There will be no distractions as you prepare for your NFL Combine/Pro Day experience.

The AIA Sports Complex, located in rural Xenia, OH:

- 235 acre sprawling sports campus
- New 6,000 sq foot training facility
- Synthetic turf football field
- Eight-lane track
- Team-building ropes course
- Access to an indoor track and turf field
- Dining on campus
- Professional chef
- High nutrition meals for athletes unique needs
- Dorms on campus with suites available
- Players lounge with 2 big screen TVs, ping pong, pool tables, kitchenette, and a home-away-from-home feel complete with a fireplace and couches

TOTAL ATHLETES ARE BUILT HERE



**FOR MORE
INFO
CONTACT
US**

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| 937-520-9605 |



TESTIMONIALS

"Jeff Friday has helped me become stronger and more durable during the nine years that we worked together. His philosophies and training techniques are the best I have been around. Jeff has what it takes to help you reach the next level."

Matt Stover

All Pro, Pro Bowler, & 2 x Super Champion

"Under Jeff Friday's Strength and Conditioning Program I was able to elevate my game to All-Pro status. I highly recommend Jeff's program if you're serious about taking your game to the next level."

Peter Boulware

All Pro, 4 x Pro Bowler, & Super Bowl Champion

"Skyy Simmons is a guy who knows how to push you to be better. He doesn't beat you down. Instead, he supports you, works alongside you, completes your game, and sharpens your mind."

Riley Beam

"Skyy Simmons was always an exceptional coach when it came to preparing and bettering my athletic skills during the season. He was always very encouraging and pushed myself and other athletes to do our best, and always made sure we were doing it the correct way."

Eric Derachio Jackson Jr.

BECOME A TOTAL ATHLETE