



**2023 NFL COMBINE / PRO DAY TRAINING**

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# ABOUT US

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## MARCUS EPPS:

Marcus Epps was born and raised in Los Angeles, CA, before moving down to Orange County his sophomore year of high school to attend Edison HS in Huntington Beach, CA. After receiving no scholarship offers out of high school, Marcus decided to walk on at the University of Wyoming where he earned a scholarship and became a 4 year starter and 3 year captain! Marcus was then drafted in the 2019 NFL Draft by the Minnesota Vikings before making his way to Philadelphia to play for the Eagles midway through his rookie year. He just finished up his 3rd season with the Eagles, seeing an increased role in the defensive secondary and having his best season so far. Marcus is extremely excited to have EBS as a tool that will assist the next generation of young athletes accomplish their goals and help clients reach all of health/fitness goals in their everyday life!



## KARIF BYRD:

Karif Byrd was born and raised in Augusta, GA. As a star athlete in high school, he stayed in his home state for college to attend the University of Georgia, where he played both football and ran track. During his time at Georgia, Karif was a 3 time All-SEC awardee in track and played wide receiver for the Bulldogs football team. Karif moved out to California where he began to train young athletes using his knowledge he developed over his athletic career. In 2007, he founded Get It Done Sports Training, where he has gone on to work with many professional and D1 college athletes, including Marcus Epps, and also put on many top youth camps, combines, and 7 on 7 tournaments throughout California. Karif is excited continue the great work he has done in the sports training and personal fitness world through EBS!



# THE FACILITY



Located in beautiful Costa Mesa, California, EBS Performance & Fitness offers over 25,000 square feet of functional training space including a weight room outfitted by American Barbell as well as many of the top of the line sports science resistance machines on the market.

The facility also boasts 40 yards of on-site field turf and a sand pit to diversify workouts to reach maximum performance.

EBS Performance & Fitness is proud to offer on-site recovery and physical therapy with Curium Sports Recovery.

## **FACILITY HIGHLIGHTS:**

- 5,000 square ft. weight room
- 40-Yards of field turf
- Sand Pit
- Cold Tub Recovery
- On-Site Physical Therapy
- Smoothie/Supplement Bar
- 1 Mile From Residence Inn by Marriott
- 10 min from John Wayne Airport, 45 min from LAX
- An abundance of eateries and entertainment options within 10 mile radius



# THE TRAINER

## COACH CIP MONTES



**Coach Cip is a Certified Strength and Conditioning Specialist (NSCA) that brings over 20 years of speed training experience to the EBS NFL Combine/Pro day program and will be heading up the 8-week preparation in 2023.**

**During the 8-week program, our primary focus will be to increase explosion, quickness and overall strength so that each player can optimize their test results.**

**EBS will provide a distraction free environment focused on getting the most from each player and get them to perform at the highest level. We recognize that you are looking to us to support your efforts and help increase the players draft stock and this is not something that we take lightly. We are a trusted piece of the process and for this reason we make sure we deliver results.**

### **PREPARATION FOR:**

- 40-Yard Dash**
- Vertical Jump**
- Broad Jump**
- 20-Yard Shuttle**
- 60-Yard Shuttle**
- 3-Cone Drill**
- Position Specific Drills**





# PHYSICAL THERAPY & SPORTS RECOVERY

by **CUIRIM SPORTS RECOVERY**



**Dr. Patrick Everett**  
PT, DPT, ATC, Owner



## OUR MISSION:

To provide high-quality and interdisciplinary treatment to each and every person in our community.

Cuirim's patient-centered approach will help you achieve your personalized goals and sense of empowerment along your path to recovery. Cuirim is where recovery is found in community.

## MULTI-DISCIPLINARY APPROACH:

- Physical Therapy
- Athletic Training
- Acupuncture
- Chiropractic
- Performance Nutrition
- Osteokinematic Analysis
- Functional Movement Screening for Injury Prevention

## EVIDENCE BASED PRACTITIONERS:

- All PTs have Doctorates in the field
- Masters in Athletic Training
- Certified Personal Trainers
- NCCAOM Diplomate of Acupuncture
- ART certified
- Graston certified
- FMS certified
- SFMA certified

## STATE-OF-THE-ART RECOVERY:

- NormaTec
- Hypervolt Percussion Therapy
- Hot/Cold Baths
- Cupping
- Massage

# INTERVIEW PREP

**By: MAVERICK SPORTS CONSULTING**



David Turner is the owner of Maverick Sports Consulting. In this role he is responsible for all aspects of business operations. He is also responsible for assuring clients are prepared during meetings with potential employers - such as interview, combine, Pro Day, Wonderlic and psychological prep - and that legal representation is accounted for.

Turner has accumulated nearly 20 years of high-level professional scouting and pro personnel experience in pro football. Turner leads Maverick Sports Consulting while serving as the Director of Player Personnel for American National Combines, where he leads all aspects of the football program's recruiting efforts. He also creates and maintains relationships with NFL and CFL teams. He is responsible for identifying and writing detailed reports on professional football prospects.

Turner has a wealth of pro player personnel experience in the National Football League (NFL), Canadian Football League (CFL), and Arena Football League (AFL), holding scouting and personnel director positions with the Oakland Raiders, San Francisco 49ers, Miami Dolphins, Carolina Panthers and New York Giants in the NFL, and the Arizona Rattlers (AFL). Most recently, he served as Director of Player Personnel with the CFL's Edmonton Football Team.

Turner gained invaluable experience - which he continues to demonstrate with clients - while working exclusively under the direction of Hall of Fame Oakland Raiders owner, Al Davis, and New York Giants Senior Vice President/General Manager, Dave Gettleman. He has worked closely with numerous NFL draft picks, including Denver Broncos running back Melvin Gordon, Atlanta Falcons running back Todd Gurley, Los Angeles Rams cornerback Marcus Peters and San Francisco 49ers defensive end Arik Armstead.

Prior to that, Turner spent four seasons with the World Champion Arizona Rattlers, where he helped engineer the team to bring home three-straight (2012-2015) Arena League titles. For two seasons (2009-10), Turner was the Director of Player Personnel with the Hartford Colonials of the United Football League (UFL).

Turner earned his Political Science degree from San Francisco State University. He resides in Tempe, Arizona.



## **ALUMNI INCLUDES:**



**Marcus Epps**



**Todd Gurley**



**Odell Beckham Jr.**



**Leonard Williams**



# MEAL PREP SERVICE

**By: LEAN FEAST - Huntington Beach, CA**

**\*3 Miles from EBS Performance & Fitness**



*Huntington Beach*



## MEAL PREP SERVICES CUSTOMIZED TO YOUR NEEDS

Ready to start eating well and feeling great without any of the hassle? LeanFeast Huntington Beach is ready to help you embrace a healthier lifestyle. We are a healthy meal prep service that customizes clean meals based on your specific needs. LeanFeast Huntington Beach is revolutionizing the modern meal market by offering everything you need and nothing that you don't. Forget subscriptions and fixed menus - we offer no-obligation in-store pick-up and delivery services that fit for your busy lifestyle. Clean eating has never been easier.

**We are different from other meal prep services because we offer:**

- No Set Menus - Fully customizable meal options
- No subscription fees
- No commitments or contracts
- No minimums or maximums
- Fresh meals cooked daily
- Online ordering
- Brick-and-mortar store open 7 days a week

**Whether placing your order online or in-store, you'll be able to choose from:**

- 23 protein flavors, including steak, chicken, plant based options and seafood
- 13 vegetable options
- 6 carbohydrate options

**All your meals will be prepared before your eyes!**

**We accommodate, but are not limited to the following:**

- Plant-based diets
- Gluten-free diets
- Celiac restrictions
- Paleo and Keto diets
- Low carb diets

## EBS PERFORMANCE & FITNESS NFL COMBINE/PRO DAY ATHLETES TO RECEIVE:

- Breakfast, Lunch & Dinner
- 7-Days a Week
- Pre-Paid, Order Online, Delivery to EBS
- Location 10 min drive from the EBS facility



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## WHAT'S INCLUDED:

### 8-WEEK PROGRAM

- SPEED TRAINING
- STRENGTH TRAINING
- POSITION SPECIFIC DRILLS
- NUTRITION CONSULTING
- PHYSICAL THERAPY
- WONDERLIC/INTERVIEW PREP
- MEAL PLAN (Breakfast, Lunch & Dinner by LEAN FEAST)  
7-Days a week
- ACCOMMODATIONS:  
RESIDENCE INN by MARRIOTT - Costa Mesa, CA
  - \* Single-occupancy
  - \* Kitchen and Living room
  - \* High-Speed Internet Access
  - \* Complimentary Hot Breakfast served 6:30am-9:30am
  - \* On-Site Laundry

**ESTIMATED ALL-INCLUSIVE: \$18,000**

**\$9,000 Due on January 2nd, 2023**

**\$9,000 Due on February 1st, 2023**

**All remaining open balances due at conclusion of training**



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- PHYSICAL THERAPY
- WONDERLIC/INTERVIEW PREP
- MEAL PLAN (Breakfast, Lunch & Dinner by LEAN FEAST)  
7-Days a week

## ESTIMATED COST: \$9,000

\$7,000 Due on January 2nd, 2023

\$2,000 Due on February 1st, 2023

All remaining open balances due at conclusion of training

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### 8-WEEK PROGRAM

- SPEED TRAINING
- STRENGTH TRAINING
- POSITION SPECIFIC DRILLS
- NUTRITION CONSULTING
- PHYSICAL THERAPY
- WONDERLIC/INTERVIEW PREP

**ESTIMATED COST: \$7,000**

**\$7,000 Due on January 2nd, 2023**



# CONTACT

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**TO RESERVE YOUR SLOT:**

**CALL/TEXT OR EMAIL:**

**ESTEBAN GARCIA**

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**[www.ebsperformance.com](http://www.ebsperformance.com)**