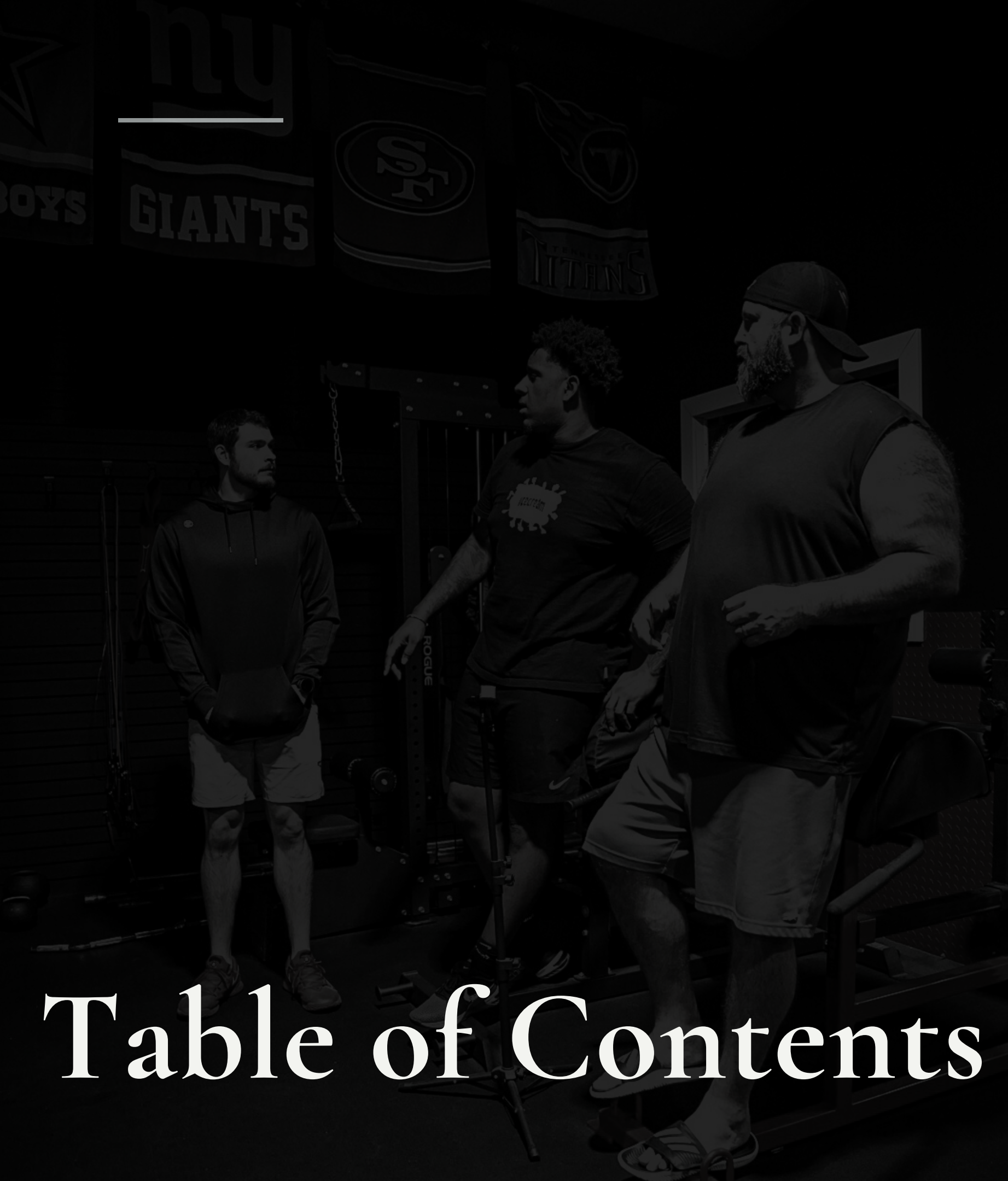


2024
Pre-Draft





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Our Team



Defensive Line
Technician

Xavier Pendergrass



Director of Player
Development

Luke Schultheiss



Owner

Josh Richardson



Offensive Line
Technician

Nick Buchanan



Nutrition

Lauren Cicinelli MS,
RD, CSSD



Cryotherapy

Andres Sandoval



Chiropractic

Dr. Ollie Evans



Chiropractic / Sports
Release Therapy

Dr. Eric Merritt



Sports Massage

Dr. James Partida
LMT, CMT



Orthopedic

Dr. Myers

What Guides Us?



How

What

Why

Why

MISSION STATEMENT: TO AID OUR ATHLETES IN ACHIEVING THEIR DREAMS/GOALS WHILE GUIDING THEM IN OVERCOMING ANY OBSTACLES IN THEIR WAY.

OUR VISION: IS TO BE THE BEST LINEMAN SPECIFIC TRAINING FACILITY IN THE WORLD.

What

TRAIN ATHLETES THROUGH STRENGTH AND CONDITIONING AND OFFENSIVE LINE TECHNICAL TRAINING TO ACHIEVE THEIR GOALS BY OVERCOMING OBSTACLES IN THEIR WAY

How

USE OF A SCIENCE AND NUMBERS BASED APPROACH COMBINED WITH KNOWLEDGE FROM OUR PAST SUCCESSES AND CURRENT RELATIONSHIPS TO PROVIDE THE MOST OPTIMAL BLUEPRINT FOR OUR ATHLETES

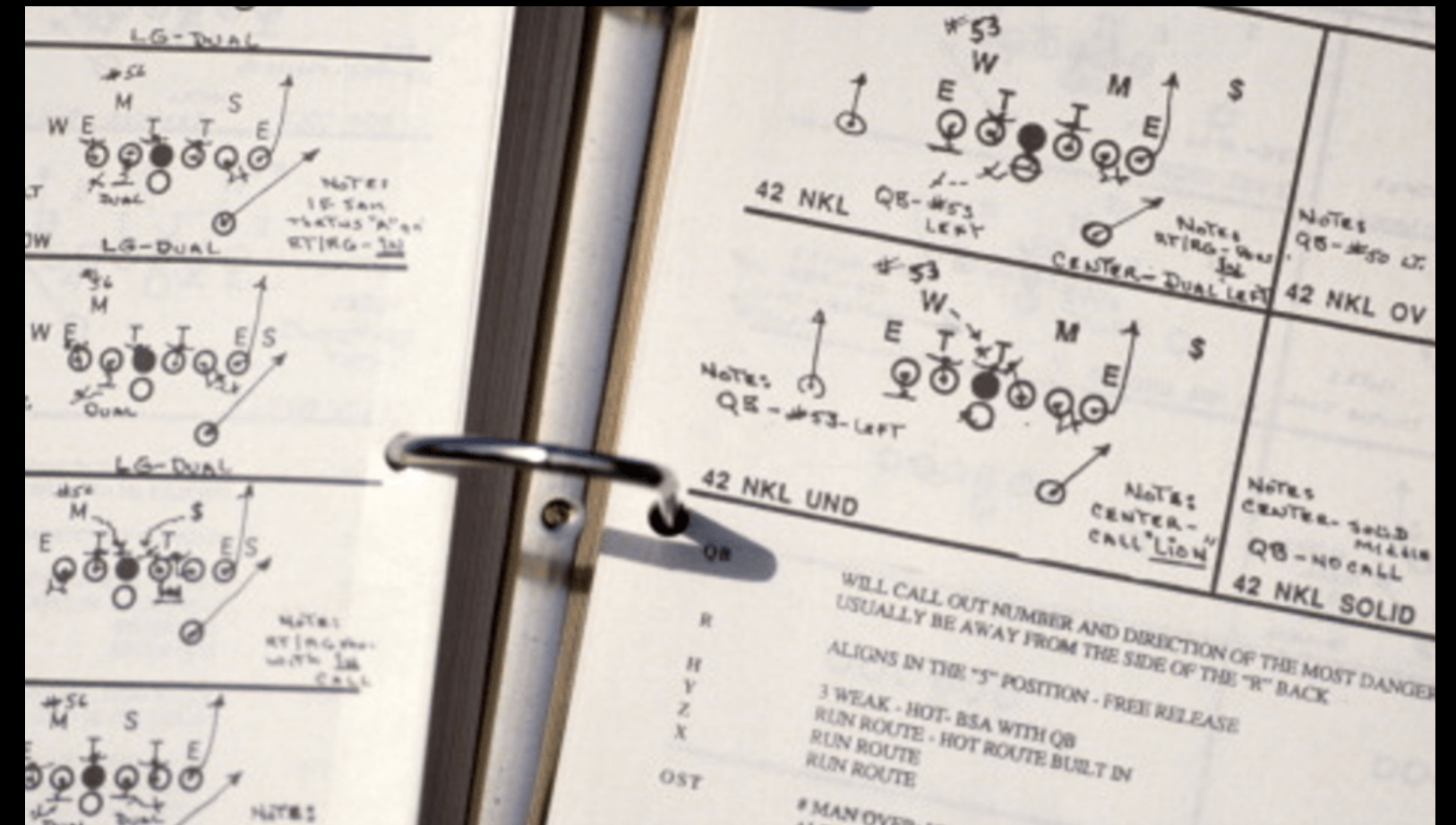
TECHNICAL

Our Technical Development program is all about maximizing performance on the field through skill development. Backed by a system rooted in Bio-Mechanics, Through our program our athletes gain an edge on the field and their pro day position work.



TACTICAL

Pre-Draft Tactical Development will prepare each athlete not only for meetings with NFL Personal but Day 1 in OTA's. Our F.B.I Program will be all inclusive to prepare each athlete for the schemes found in the NFL.



Combine Field Event

SPEED DEVELOPMENT

During The Draft Process the 40, 5-10-5, and L-Drill have become staple events to increase draft stock through Pro-Days and The NFL Combine. Our Certified Speed coaches will prepare you throughout the draft process to decrease times and increase power development on all field events.



Combine Power Development

POWER DEVELOPMENT

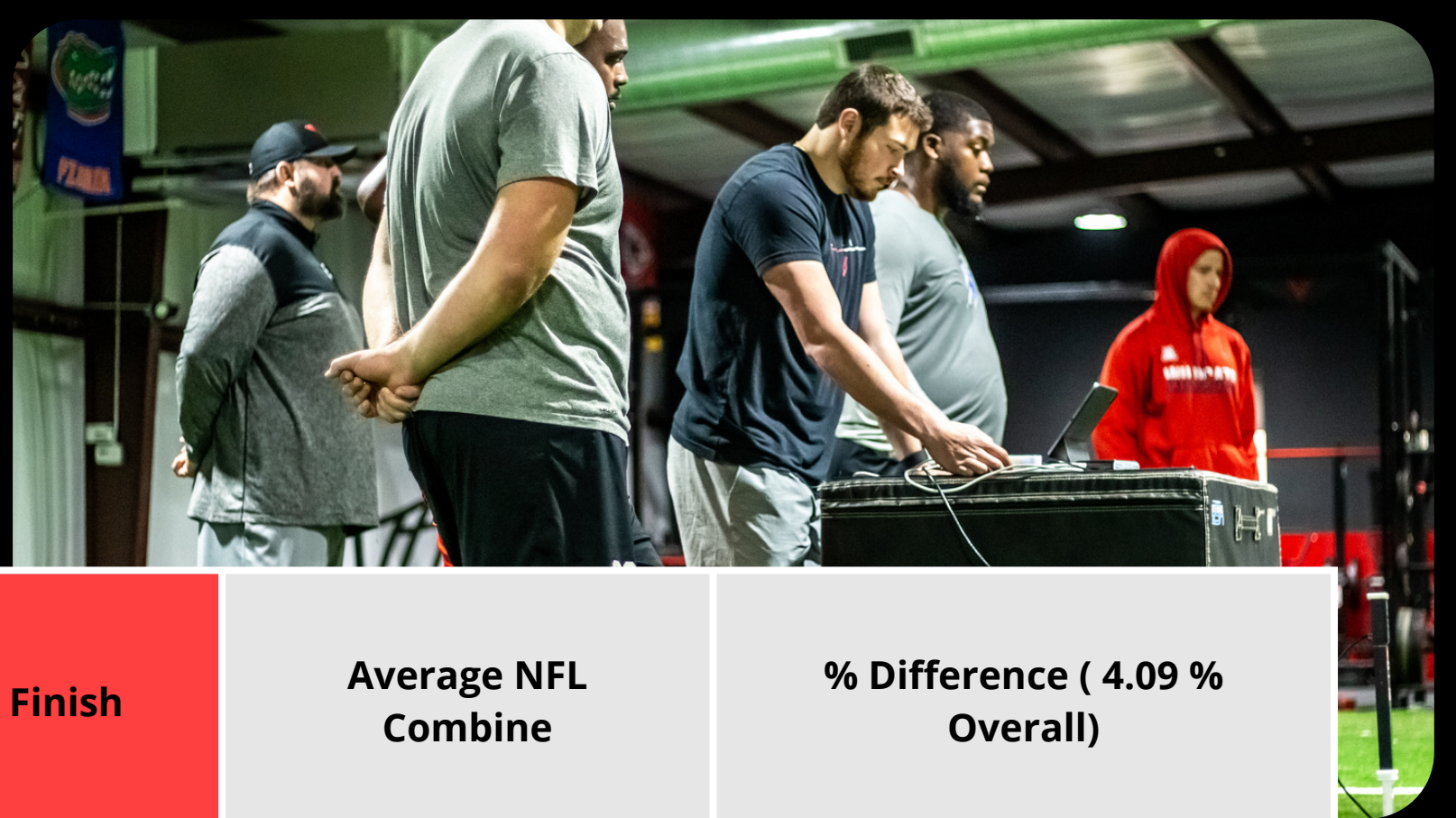
During Draft Prep Each athlete will undergo a Strength program with the intent to increase overall power output. This will allow the athlete to produce more power on the field as well as in the weight room. this will also go hand in hand with a nutritional protocol individually designed for each athlete. This ensures maximum success through the effort in the weight-room.



Sample of Training Week

<u>Day/Time</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>8am</u>	40 Starts	5-10-5 / L Drill Technical Development	OFF	Top Speed	5-10-5 / L Drill Pro Day Drills	Technical Development	OFF
<u>10am</u>	Recovery Lunch	Recovery Lunch	Technical Development	Recovery Lunch	Recovery Lunch	Recovery Lunch	Recovery Lunch
<u>12pm</u>	Lower Body Lift	Upper Body Strength	Recovery Lunch	Lower Body Lift	Repetition Upper (225)	OFF	OFF
<u>3pm</u>	Recovery / Tactical End of Day	Recovery / Tactical End of Day	Recovery / Tactical End of Day	Recovery / Tactical End of Day	Recovery / Tactical End of Day	OFF	OFF

Pre-Draft By The Numbers



Event	Average Improvement	Best Finish	Average Finish	Average NFL Combine	% Difference (4.09 % Overall)
40	.52	5.01	5.17	5.27	1.88%
L-Drill	.68	7.3	7.64	7.84	2.62%
5-10-5	.44	4.56	4.64	4.73	1.91%
Broad	11.5	110	101.67	101	0.66%
Vertical	7.19	32.5	29.39	28	4.96%
225	7.75	36	28.13	25	12.5%

Cooking & Nutrition



Your Sports nutritionist and dietitian!
Lauren Cicinelli is a registered dietitian who specializes in sports performance, weight management and body composition changes. With a clinical interest in endurance athletes, Lauren provides nutrition counseling and education to help her patients feel better, improve their exercise performance, and achieve their health goals.



NORTHSIDE HOSPITAL
ORTHOPEDIC INSTITUTE

SPORTS MEDICINE





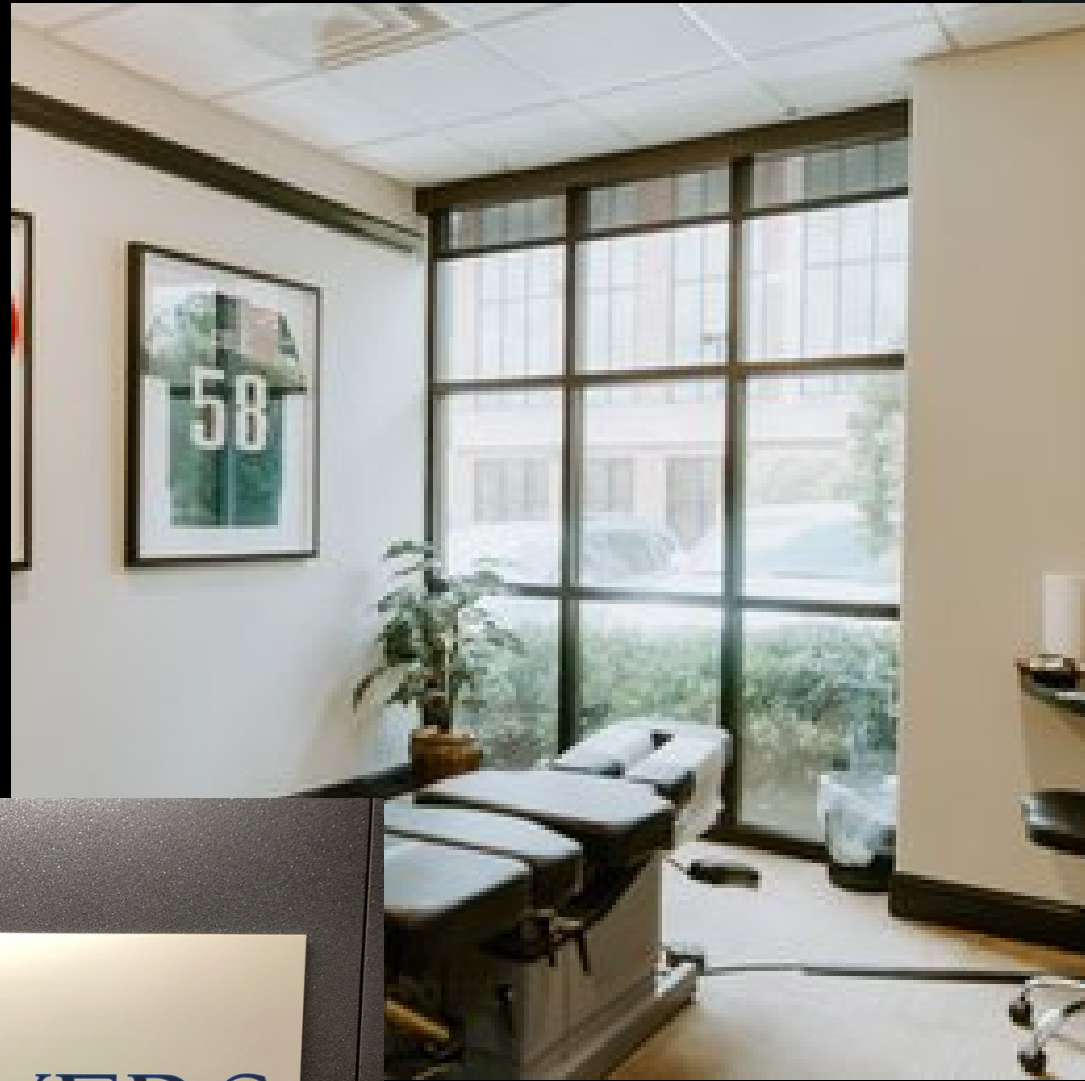
CRYO REVIVE
coolshape & cryotherapy



RECOVERY AND
REGENERATION

SPORTS MEDICINE

SYNERGY / MYERS ORTHOPEDIC





HOUSING
HOTEL OR AIRBNB OPTIONS AVAILABLE

Successes



Pre Draft Successes

SIGNED!!
Cole Strange



NFL DRAFT 2022



SIGNED!!
Shamarious Gilmore



NFL DRAFT 2022



SIGNED!!
Viam Shanahan



NFL DRAFT 2022



SIGNED!!
Isaac Weaver



NFL DRAFT 2022



SIGNED!!
Kendrick Sartor



NFL DRAFT 2023



MINI CAMP!!
Bryson Spears



NFL DRAFT 2023



Tim Coleman



USFL



SIGNED!!
C.J. Perez



USFL



Tristan Schultz



SIGNED!!
Alex Mollette



SIGNED!!
Chandler Zavala



NFL DRAFT 2023



Industry Endorsements



"I have witnessed how Velocity and owner Josh Richardson maximize their athletes. They teach, coach & mentor offense line and defensive line Athletes through technical development. Josh also adds a significant value outside of the training facility by providing an Athlete Development program. Velocity is well known and respected in the sport performance community and I am grateful for our working relationship."

Anthony Schlegel

Former Head Strength Coach Jacksonville Jaguars

"Velocity is training young men to become better offensive line athletes. Josh and his Staff teach the fundamentals of the position at the pace that best suites each athlete. Their approach to skill acquisition is functional and carries over to the field. They are helping younger athletes maximize their potential, while also helping collegiate & professional athletes take their game to the next level."

Thomas Austin

OL Coach Clemson University



"Velocity's approach to training the whole athlete is so far ahead from the rest. Josh and his staff not only train the player physically and mentally, but develop the whole player. The skill and technique is that of coaches of major college and professional football."

Art Valero

Current NFL OL Consultant

Former OL Coach -Tampa Bay
Buccaneers, St. Louis Rams, Seattle
Seahawks and Tennessee Titans



"Josh Richardson and Velocity are considered one of the best in the industry when it comes to training and developing offensive and defensive linemen. Josh is on the cutting edge with his methods and philosophies. Velocity is very well respected among coaches among every level with the work they are able to do."



Ryan Silverfield

Head Football Coach Memphis Tigers



"Josh and his Team at Velocity are 2nd to none when it comes to OL Skill Acquisition and development. Guys from his gym are much more prepared for the college game because of the work of Velocity. If I were a parent and wanted to get the most from my student athlete, I would send them to Josh and his crew."

Garin Justice

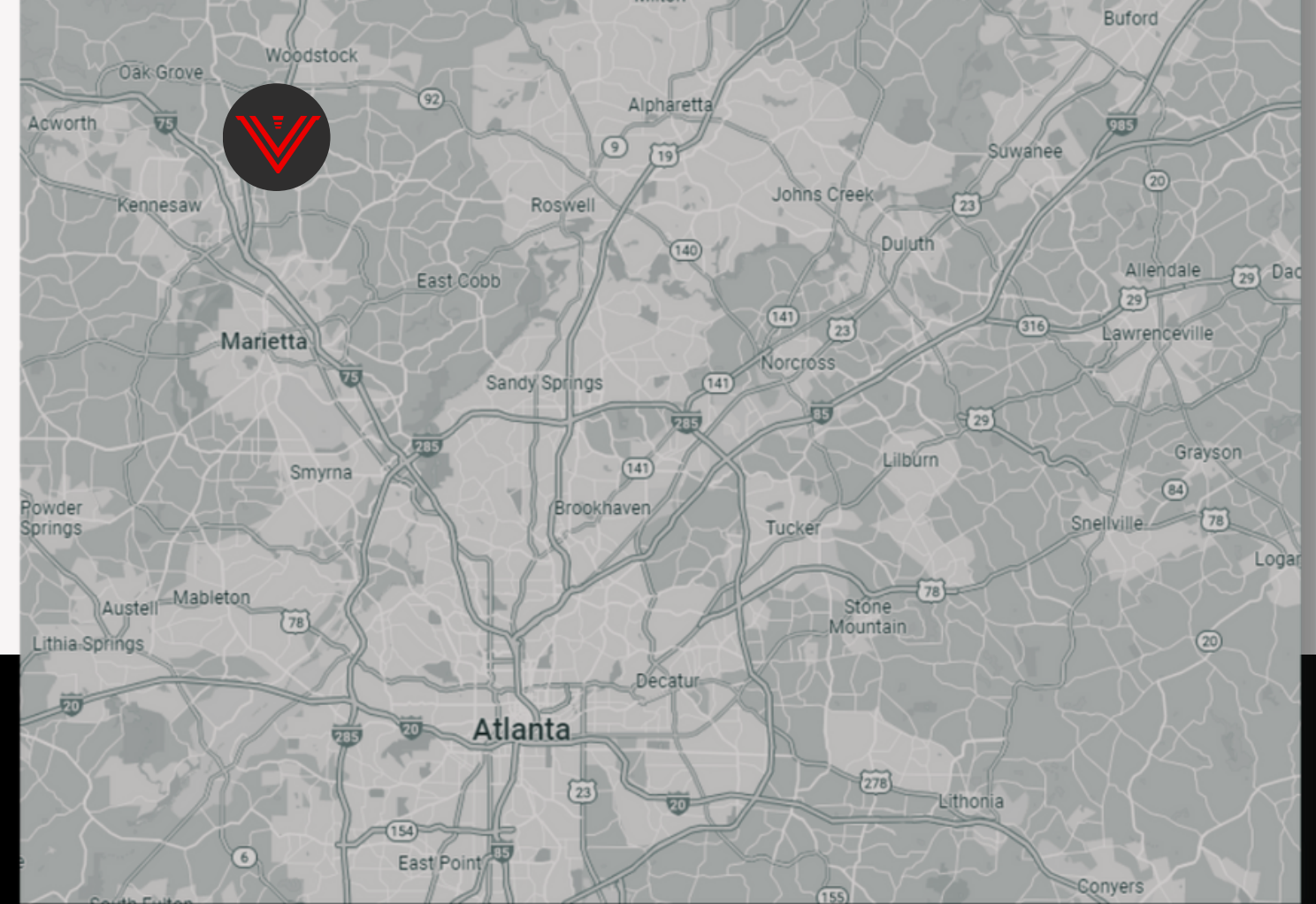
OL Coach SMU



Facility

14,400 sq ft. Facility

- 1000 sq ft. Office space
- 1700 sq ft. Weight room
- 11,700 sq ft. Field space
- In House Recovery Lounge
 - Cold Tub and Sauna
- Restrooms with showers and lockers



Contact Us

404-710-0485

Info@Velocityathdev.com

www.VtheDay.com



Velocity Football



Velocity Football



Velocity_Football



Velocity_FB

