2013 NBA Combine & Pre-Draft Training Program

RESULTS HAPPEN HERE.
PREPARE FOR THE NEXT LEVEL

After years of training and playing at the highest levels of competition, the NBA Draft Combine and Pre-Draft individual workouts are the final steps to an athlete realizing their dreams of playing in the NBA. Athletes’ Performance is dedicated to supporting athletes with world-class integrated performance training, nutrition, and rehabilitation services to support their goals during this critical time in their careers. In addition to performance training, athletes will have the opportunity to enhance their on-court basketball skills through individual and group skill development sessions led by skills experts. From on the court, to off the court, Athletes’ Performance’s NBA Combine and Pre-Draft training programs offer everything an athlete needs to reach their goals of playing in the NBA.

Systems for Success
Athletes’ Performance utilizes training systems that have supported champions across sports and around the world. These systems, which continually evolve based on the most innovative and cutting-edge training techniques, are the foundation of our athletes’ success at the highest levels. They allow each athlete to train with confidence knowing that they’ll have the tools needed to achieve their greatest results at the NBA Combine and during individual workouts.

Individualized Training for Individual Goals
To get maximum results, each athlete receives individual skills development coaching and performance training to meet their specific needs and goals. Working with skill experts, athletes will have dedicated on-court sessions to enhance their basketball abilities and address areas of improvement before showcasing their skills to NBA personnel. Training with Athletes’ Performance specialists, athletes will work on improving strength, speed and power, with a focus on improving areas tested at the NBA Combine, and areas to make them a better overall athlete on the court.

We are a TEAM
In the same way that coaches and staff work together to help an NBA team succeed, our skills coaches and Athletes’ Performance specialists are experts in their fields and are dedicated to working together to help our athletes reach their goals. By utilizing a team approach, our coaches, physical therapists, nutritionists, massage therapists, chiropractors, and other specialists are in constant communication to ensure that each athletes’ individual plan is being met to help them succeed.

YOUR GOAL IS OUR GOAL.

For more information, contact: A.J. Diggs | ADiggs@athletesperformance.com | 310.630.2290
**NBA PRE-DRAFT PREPARATION**

Prepare for the NBA Draft Combine, be prepared for career success. While the short-term goal during training is to ensure your best performance at the NBA Combine and improve your Draft status, our long-term goal is to help set our athletes up for career success in the NBA. Working with Athletes’ Performance specialists, athletes will work to become faster, stronger, and quicker while also learning key strategies for injury prevention to promote career longevity. Athletes will also work with experienced skills coaches to improve basketball and position-specific skills, preparing them for both Combine and career success.

**Pre-Draft Drill Preparation**  
Athletes’ Performance specialists focus on preparing athletes for the specific drills they’ll be tested on at the NBA Draft Combine and at individual workouts.

Using proven training techniques and the latest technology, athletes will be shown how to best execute each drill for maximum performance and results.

<table>
<thead>
<tr>
<th>Performance Training will focus on:</th>
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<tbody>
<tr>
<td>• 3/4 court sprint</td>
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<tr>
<td>• Pro lane agility</td>
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<tr>
<td>• No step vertical</td>
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<tr>
<td>• Maximum vertical</td>
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<td>• 185 lb. Bench press</td>
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**Position-Specific Work**  
Athletes’ Performance brings in experienced skills coaches to best prepare athletes for the skills and tactics needed to excel at the NBA level.

Working with coaches and fellow top collegiate players, athletes will have an advantage for position drills at the NBA Combine, individual workouts, summer league competition, and in their first NBA training camps.

<table>
<thead>
<tr>
<th>Skills Training will focus on:</th>
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<tbody>
<tr>
<td>• Offensive skill development</td>
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<td>• Defensive skill development</td>
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<tr>
<td>• Basketball IQ development</td>
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<td>• Video analysis</td>
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*Athletes may bring in their own skills coaches.*

Athletes’ Performance offers facilities with extensive court space, allowing multiple individuals and groups to train at once.

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INTEGRATED SYSTEM FOR SUCCESS

**Speed Training:** Faster on the break and quicker to the basket.
Speed is an essential part of the NBA Combine evaluation process and a needed skill to meet the up-tempo style of the NBA. To best prepare for the Combine and fast-paced NBA, athletes will train to improve their overall speed and lateral quickness as they:

- Work on first-step quickness to be faster on each play.
- Develop greater top-end speed for the 3/4 court sprint and to be faster on the break.
- Enhance multidirectional agility and speed for the pro lane agility test and to get into better defensive positions.

**Power Development:** Strong in the paint, powerful through the lane.
Upper and lower body strength and power is essential for showcasing your athleticism at the NBA Combine and for withstanding the daily grind of the NBA season. Therefore, our strength and power training focuses on:

- Lower body explosiveness for the no-step and max vertical jump tests at the NBA Combine, and to increase your overall vertical abilities.
- Upper body strength for the bench press and to be stronger when battling in the paint and through the lane.

**Nutrition Support:** Fuel for peak performance.
The NBA Combine and individual workouts provide one chance to showcase your abilities to NBA personnel, and your body needs to be properly fueled to make the right impression:

- Registered dietitians provide customized meal plans to reach ideal body composition.
- On-site food service provides daily customized meals.
- Pre- and post-workout supplement strategies to properly fuel training sessions and on-court performance.

**Physical Therapy Services:** Get back in the game, ready to compete.
Being healthy to train and compete during the NBA Combine and pre-Draft individual workouts is crucial for an athlete to showcase their abilities to teams. Be ready to compete at your best with:

- Recovery sessions designed to prevent injuries and reduce muscle soreness.
- Integrated team of physical therapists, athletic trainers, chiropractors, soft tissue specialists and access to top sports medicine doctors for any rehabilitation needs.
ATHLETES’ PERFORMANCE – LOS ANGELES, CA
LOCATED AT THE HOME DEPOT CENTER
ATHLETES’ PERFORMANCE – FRISCO, TX
LOCATED AT FIELDHOUSE USA
ADDITIONAL FACILITIES – NO FULL BASKETBALL COURTS ON-SITE

ATHLETES’ PERFORMANCE – PHOENIX, AZ

ATHLETES’ PERFORMANCE – GULF BREEZE, FL
LOCATED AT THE ANDREWS INSTITUTE
Athletes’ Performance prides itself on providing personal attention to each and every athlete. Whether a potential lottery pick or undrafted free agent, every athlete’s needs and goals are met with an equal level of passion and commitment. Space in Athletes’ Performance’s NBA Combine & Pre-Draft Preparation Program is limited to ensure personalized attention for each athlete.

Athletes’ Performance realizes the importance of executing a seamless Pre-Draft training experience to ensure an athlete is fully prepared to showcase their basketball skills and physical athletic abilities. To simplify the experience we have created a total solution to provide athletes and agents a turn-key experience to ensure a seamless NBA Pre-Draft training period.

**TRAIN FOR THE COMBINE. TRAIN FOR RESULTS. TRAIN FOR YOUR FUTURE.**

For more information and to reserve an exclusive program spot:
AJ Diggs | 562.599.9691 | ADiggs@AthletesPerformance.com
EVERY DAY IS GAME DAY.
PREPARE FOR IT.
FUEL FOR IT.
TRAIN FOR IT.
REST FOR IT.