



NFL COMBINE & PRO DAY TRAINING SYSTEM



RESULTS.

REAL RESULTS.

PRE-DRAFT PROGRAM IMPROVEMENT STANDARDS

40 Yard Dash -.25 Seconds

Vertical Jump +5 Inches

Broad Jump +10 Inches

Bench Press +8 Reps

**3 year average improvement marks from NFL off-season and college players*

Coach Kula has developed some of the best athletes in the world and is a leader in the performance industry with 30 years experience, 20 years coaching football and an elite team making KSP an ideal training location for players regardless of projected first rounder or late round prospect.

Don't be 1 of 40 from the big box "facilities" Get the personal attention that only KSP can give you. KSP has the best coach to athlete ratio in the profession.



START YOUR NFL JOURNEY **HERE**

Our objective is to provide you with all the necessary training and preparation to maximize your draft potential. KSP will amplify your talents and techniques with the best performance coaches and support team in the industry so you can become a top performer in each event.

PROGRAM INCLUDES

- 8 Week / Monday-Saturday Draft Ready Program
- Speed & Agility Training
- Strength & Power Training
- Mobility, Flexibility, Stability Training
- Medical Assessment
- Performance Evaluation
- PT, Chiropractic, Massage Therapy
- Full Access to Recovery Center
- Nike Training Apparel & Footwear
- Mock Combine

ADDITIONAL SUPPORT

- On-Field Training
- Nutritional Guidance
- Cook-to-Order Meals
- Pre- & Post-Workout Supplementations
- IV Therapy
- Mental Performance
- Full Support at the NFL Combine
- Housing Options
- Car Service
- KSP Photo/Videographer
- Barber & Tattoo Services
- Post Draft Training
- Veteran Off Season



39°33'47.88" N 104°59'8.304" W



PERFORMANCE LEADERSHIP TEAM



BRIAN KULA

OWNER & CEO



TAYLOR NELSON-COOK

DIRECTOR OF NFL PRE-DRAFT



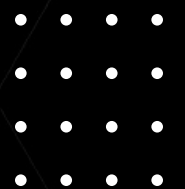
MARKUS MILLER

DIRECTOR OF PERFORMANCE



JULEE HALEY

DIRECTOR OF OPERATIONS



MEET THE SUPPORT TEAM

The NFL Combine & Pro Day program at KSP is made up of a team of experts including performance specialists, football coaches, nutrition experts and a medical team whose sole purpose is to help you improve your draft stock and perform at the highest level.



DR GINA FICK, PT



DR HOLLY HOLDEN, DC



MARY MCCULLOUGH, CMT



CHEF DEANDRE SMITH



JACLYN CHURCH PHOTOGRAPHY



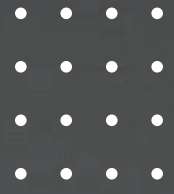
ARETE IV & WELLNESS



MARLA KULA, CNC

*Skill coaches to be announced at a later date

THE NFL COMBINE & PRO DAY EXPERIENCE



Our comprehensive program provides each athlete with individualized training based on results from initial performance tests, medical assessments, and athlete goals. KSP experts will gather your data points and take a targeted approach to maximize your training to lower times and achieve results. If you want to perform at your highest potential and impress NFL coaches & scouts, our proven training methods will take you to the next level.

KSP PRE-DRAFT TRAINING SCHEDULE

MONDAY - Max Velocity & Vertical Jump | Lift | Regen

TUESDAY - On-Field & Mobility | Regen | Medical

WEDNESDAY - Acceleration & Broad Jump | Lift | Regen

THURSDAY - On-Field & Yoga | Regen | Medical

FRIDAY - Resisted Acceleration & Agilities | Lift | Regen

SATURDAY - Hypertrophy | Tri-Planar Movement Principles

MAXIMIZE ATHLETIC POTENTIAL



BENEFITS OF MILE HIGH ALTITUDE TRAINING 5280'



Increased Red Blood Cell Production

More oxygen capacity carried by the blood to the organs and tissues for greater work capacity and recovery.



Enhanced VO2 Max

Improved performance and endurance with a lower volume of conditioning.



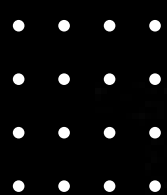
Healthier Respiratory System

Respiratory muscles strengthened with the reduction of available oxygen.



Lasting Effect & Comfortable Conditions

Increased metabolism and improved performance which remains high and cooler air conditions help sleep and overall comfort for athletes.



SPEED IS THE NAME OF THE **GAME**

Kula Sports Performance has been home to some of the best athletes in the world in preparation for the NFL, Olympics, NHL, and 6 additional professional sports athletes from their top respective leagues. Our pre-draft training program is built to maximize speed, power, strength and movement for the biggest interview of your life.

Our approach to training takes into consideration decades of research and includes the latest and most innovative training techniques designed specifically for each athlete to help them reach optimal performance.

There are no other training programs designed to help NFL draft prospects maximize every ounce of their potential. By combining our comprehensive training, facilities, expertise and methodology, KSP is committed to make sure you perform at the highest level, increase draft stock, and dominate every test.



ALL PRO | PRO BOWL RUNNING BACK

CHRISTIAN MCCAFFREY

CHOOSES

KULA SPORTS PERFORMANCE

HISTORIC NFL 1000 RUSHING / 1000 RECEIVING SEASON
#3 MOST SCRIMMAGE YARDS SINGLE SEASON NFL HISTORY
KSP ATHLETE SINCE 2018

TRAIN WITH THE BEST



40-YARD DASH

KSP breaks down all the elements of the 40-yard dash and teaches each athlete the individual techniques needed to perfect this event, including: being more explosive from the start, running with proper mechanics & stride frequency and increasing top-end speed.

VERTICAL & BROAD JUMP

KSP focuses on improving athlete's lower-body explosion, strength, and power to achieve optimal results in the vertical and broad jump by enhancing the athlete's peak force and using technology to measure the amount of force exerted into the ground.

BENCH PRESS

KSP implements a unique strategy for the 225 bench press test, training not only for strength but endurance. Our proven system will ensure you demonstrate to pro scouts your strength and endurance.

3 CONE DRILL

Running a low time in the 3 cone drill requires the ability to change directions at a high speed. KSP teaches players the techniques needed to perform this drill with efficient movement and no wasted steps resulting in optimal results.

SHUTTLE RUN

NFL coaches and scouts want to see if you have lateral quickness and how explosive you are in short areas. KSP will teach you the techniques needed to explode out of a three-point stance, accelerate & decelerate, and change directions at a high speed for maximum performance.

WORLD-CLASS FACILITIES



ELITE EQUIPMENT | PARTNERS

ROGUE®

MATRIX

 HYPERICE®
HYPERVOLT

 firefly™
recovery redefined

freelap
freedom of timing

InBody

 NORMATEC®

 DESIGNS
FOR SPORT™

 PERCH

KEISER®




VALD
PERFORMANCE

 ASCENT

INVEST IN YOUR **FUTURE**

BASE PACKAGE PRICING - \$3500

- UNLIMITED TRAINING & PROGRAMING (8 WEEKS)
- UNLIMITED RECOVERY CENTER ACCESS
- PERFORMANCE EVALUATION
- MEDICAL EVALUATION
- NIKE APPAREL PACKAGE & FOOTWEAR

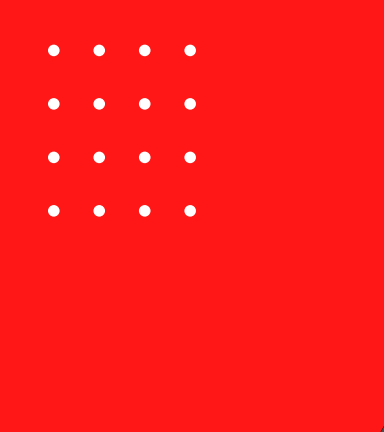
BASE + MEDICAL PRICING - \$5500

- ALL BASE PACKAGE
- PHYSICAL THERAPY - 30 MIN VISIT PER WEEK
- CHIROPRACTIC - 30 MIN VISIT PER WEEK
- MASSAGE - 30 MIN VISIT PER WEEK

A LA CARTE MENU - VARIOUS PRICING

- HOUSING
- MEAL PLANS
- SUPPLEMENTS
- CAR SERVICE
- ON-FIELD TRAINING
 - VARIOUS BY POSITION
- ADDITIONAL MEDICAL
- IV & WELLNESS SERVICES
- PHOTO/VIDEOGRAPHER SERVICE
 - CUSTOM PHOTO SHOOT
 - TRAINING HIGHLIGHT VIDEO





KULA
SPORTS PERFORMANCE

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