

**PRISMA**  
HEALTH®

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# NFL Combine Pro Day Training Program



Apex Athletic Performance

## **NFL Combine/Pro Day Training Program**

Program begins in early January each year.

- Mock combine testing
- Combine performance training
- Weekly nutrition consulting with meal plan

The program can be customized to meet the athlete's situation and availability, though the typical training period lasts 7–8 weeks.

### **Mock combine testing and evaluation/player profile**

- Body composition
- Hand size/arm length
- Vertical jump
- Broad jump
- 20-yard short shuttle
- 3-cone drill
- 10/20/40-yard dash
- 60-yard long shuttle (if required)
- 225 lb. bench press test (if required)



This program entails a five-day per week training schedule with one training session per day. The weekly schedule includes performance training and combine drill/skill work in these areas:

- Core strength and stability
- Foot speed, quickness, plyometrics
- Agility and reaction
- Linear speed and 10/20/40-yard dash mechanics
- Anaerobic work capacity, muscle endurance
- Combine-specific event training (field work, position work)
- Strength, power and flexibility
- Body composition (increase/decrease in weight)
- Examining an athlete's body efficiency in motion and optimizing body mechanics
- Daily regeneration and recovery
- Prescribing corrective movement techniques

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## Sample daily training schedule

8:30 a.m.  
Pre-workout treatment/  
corrective exercise (if needed)

9–10:30 a.m.  
Linear speed mechanics top-  
end speed phase

10:30–11 a.m.  
Post-workout regeneration  
treatment/stretching (if needed)

Repeat and customize as  
needed or requested; an  
additional charge may apply.





## Pricing

### Elite NFL Package

***Begins January and concludes March (typically lasts 7–8 weeks)***

This all-inclusive five-day per week training program covers strength training, nutrition, speed and agility, and combine-specific drills to properly prepare each athlete for the NFL combine.

***All-inclusive: \$4,720***

- Initial performance assessment
- Initial nutrition assessment
- In-body scan
- Nutrition meal plan and workbook
- Recurring weekly nutrition check-in
- Recurring performance training (five days a week)

### Pro Day Package

***Begins January and concludes March (typically lasts 7–8 weeks)***

This three-day per week pro day package covers speed, agility and pro day-specific test preparation only. It is geared for those who want to focus solely on the 40, short shuttle, vertical jump, etc.

***Pro day preparation package: \$3,320***

- Initial performance assessment
- Initial nutrition assessment
- In-body scan
- Recurring performance training (three days a week)

## Nutrition

### Customized nutrition consulting/meal planning

When participating in an intense training program, proper nutritional intake is essential to support muscle growth, muscle recovery, hydration, electrolyte balance, and sufficient energy utilization and storage. Consistent daily intake during training is necessary to meet caloric needs for the goals of weight maintenance or weight gain. To maximize sleep and make costs manageable for athletes, our sports dietitian will educate players during orientation day so that athletes can prepare easy-to-make meals and be properly fueled throughout their training. In addition, snacks and supplements will be selected and provided to meet each individual's needs.

Our sport-specific analysis includes:

- Balancing macronutrients for consistent energy intake throughout the day
- Augmenting the hypertrophic effect of strength training by timed protein intakes
- Nutrition education manual
- Weekly meal plan including check-ins and modifications
- Workout fueling recommendations (before, during and after)
- Meal timing recommendations
- Supplement guidelines and recommendations





## Therapy

### Physical therapy

- Joint mobilization active release
- Kinesio taping
- Vibration therapy
- Ice therapy
- Heat therapy
- Hydrotherapy
- Manual therapy (Therex)
- Dry needling
- Blood flow restriction

Note: Payment for medical services will be the responsibility of the athlete/agent but may be covered by most insurance plans.

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## Worthwhile

Taylor Stallworth, a 2018 graduate of the University of South Carolina, is now with the Indianapolis Colts. Taylor trained at Apex to improve his game and experienced the true difference Apex Athletic Performance can make. "After working with Apex for the NFL combine and getting my shot in the pros, I was convinced that what Apex does is special," he said.



## Team



**Stephen Venugopal, MAT, CSCS**  
***Sports Performance Manager***

At Lawrence University, Stephen Venugopal lettered four years in football and two years in track and also served as president of Intersvarsity Christian Fellowship and on the Leadership Board for the Fellowship of Christian Athletes. He went on to earn an MAT from the University of South Carolina in physical education. While pursuing his masters, he worked in the USC Athletic Department as an academic coach with the football team, men's basketball team, and the swimming and diving teams.

Venugopal is certified as a personal trainer through Interactive Fitness Trainers of America and has earned a CSCS (Certified Strength and Conditioning Specialist) certification from the National Strength & Conditioning Association and certifications in TRX (Total Resistance Exercise) as well as USAW (USA Weightlifting) as a sports performance coach.

He coached multiple sports to state titles as a high school strength and conditioning coach at White Knoll (2007–2009), Richland Northeast (2009–2017) and Cardinal Newman (2017–2021) high schools. As a coach, personal trainer and business owner, Venugopal has worked with high school athletes at the youth, high school, college and pro-level in multiple sports, including the NFL, NBA and MLS. In 2016, he was named the 4A State Strength Coach of the Year.



**Jay Patel, PhD**  
***Sports Science Director***

Born in Fiji and raised in Mobile, Alabama, Patel serves as the director of research at Apex. A former multi-sport athlete at the high school and collegiate level, Dr. Patel has vast knowledge and experience in the application of scientific assessments to improve athletic performance and reduce injuries. He received his bachelor's degree in biomedical sciences, a master's degree in exercise science and a PhD in kinesiology with specializations in anatomy and sport biomechanics from Auburn University. While at Auburn, he worked closely with the athletics department's strength and conditioning staff as well as several varsity athletic teams as a sport biomechanics consultant.

An expert in the field, Patel is a sought-after guest lecturer and author and has worked with professional and Olympic-level athletes. He also has served as a personal trainer for almost a decade and is a mixed martial arts and tae kwon do instructor, an instructor of biomechanics, and an instructor of anatomy and

strength and conditioning. Patel holds certifications including Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, Corrective Exercise Specialist through the National Academy of Sports Medicine, and Functional Movement Screening certification through Functional Movement Systems.



**Brian Wiley, DPT**

***Accelerated Therapy Program Coordinator***

Brian Wiley graduated from Airport High School and attended Citadel College, where he lettered four years in baseball, was inducted into the Citadel Hall of Fame, and received his degree in health and wellness. A college baseball All-American, he was drafted by the Boston Red Sox organization as a pitcher, where his career was cut short due to injury. After his abbreviated baseball career, Wiley completed his physical therapy degree and a master's in rehabilitation sciences. He is certified in orthopedics and sports physical therapy by the American Board of Physical Therapy Specialties.



**Lisa Money, RDN, CSSD**

***Registered Dietitian Nutritionist***

Lisa Money received her training in dietetics at Texas Tech University in Lubbock, where she lettered four years in tennis and participated in the U.S. Olympic tennis trials in Flushing Meadows, New York. She is a graduate of the U.S. Army dietetic internship and served five and a half years as an active-duty U.S. Army dietitian, where she helped train soldiers and West Point cadets on sports nutrition strategies. She is a registered dietitian, board-certified in sports dietetics, and holds memberships in SCAND, SCAN, CPSDA and IAEDP. Also a lifelong athlete, Money is active in local team and individual United States Tennis Association (USTA) events as well as yoga and hiking.



**Mickey Plymale, MD**

***Physician and Clinical Director***

A former pitcher at Marshall University, Mickey Plymale, MD, serves as the clinical director of Apex Athletic Performance. He is a graduate of the Marshall University School of Medicine and completed his residency at the Albert Einstein College of Medicine. Following his residency, he completed a fellowship with the world-renowned James Andrews, MD, in Birmingham, Alabama. As clinical director, Dr. Plymale provides clinical oversight and leadership for Apex Athletic Performance by developing, maintaining and continuously improving clinical protocols.



## Sign up

### Payment/enrollment policy

- All training will be booked on a “first come, first served” basis.
- Eight-week packages will expire after eight weeks regardless of whether the athlete has attended all workouts, no exceptions.
- Extended training will require additional payment.
- Guaranteed reservations can be arranged for those who pay in full in advance.
- All payments for services must be received in advance before receiving training and/or services.
- Payment for sports medicine services will be handled separately from those services provided by Apex and its contracted consultants.
- For more information regarding our program, the various pricing and package options or specific questions regarding your situation, please call 803-296-9202.

Call 803-296-9202 to reserve your spot!

## Locations

### Downtown Columbia

903 Huger St.  
Columbia, SC 29201



### Lexington

102 Saluda Pointe Dr.  
Lexington, SC 29072



## Lodging

Prisma Health does not endorse the use of any specific hotel and may not be held liable for guest experiences.

### **Extended Stay America**

[extendedstayamerica.com/hotels/sc/columbia/west](https://extendedstayamerica.com/hotels/sc/columbia/west)

### **Holiday Inn**

[ihg.com/holidayinn/hotels/us/en/west-columbia/caeqt/hoteldetail](https://ihg.com/holidayinn/hotels/us/en/west-columbia/caeqt/hoteldetail)

### **Holiday Inn Express**

[ihg.com/holidayinnexpress/hotels/us/en/columbia/caeed/hoteldetail](https://ihg.com/holidayinnexpress/hotels/us/en/columbia/caeed/hoteldetail)

### **Marriott Towneplace Suites**

[marriott.com/hotels/travel  
caese-towneplace-suites-columbia-southeast-fort-jackson](https://marriott.com/hotels/travel/caese-towneplace-suites-columbia-southeast-fort-jackson)

### **Staybridge Hotel**

[staybridge.com/hotels/us/en/columbia](https://staybridge.com/hotels/us/en/columbia)

## Transportation

### **Advantage Rent-A-Car**

[advantage.com](https://advantage.com)

### **Columbia Metropolitan Airport**

[columbiaairport.com](https://columbiaairport.com)

### **Enterprise Rent-A-Car**

[enterprise.com](https://enterprise.com)

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