



SPEED STRENGTH

RECOGNIZED AS OHIO'S PREMIER
ATHLETIC TRAINING FACILITY



**SPEED
STRENGTH
AGILITY
PERFORMANCE**

**WILL YOU
BE READY?**



SPEED STRENGTH SYSTEMS PERFORMANCE TRAINING STAFF

Speed Strength System's Athlete Training Center, located in Cleveland, Ohio was founded and established in 2000 by Tim Robertson and Eric Lichter

athletes have come to Cleveland to train under the supervision of Tim Robertson and his Speed Strength Performance Training Staff.

Athletes from the NFL, NBA, MLB, MLS, and NHL, as well as numerous collegiate, high school and youth

Tim Robertson, Jr., MS, CSCS

B.S. in Exercise Science, University of Dayton
M.S. in Sport Physiology, Ohio University

Credentials

- 20 years experience
- Currently Head Strength & Conditioning Coach at John Carroll University
- Certified Strength & Conditioning Specialist (CSCS)
National Strength & Conditioning Association
- Assistant Strength & Conditioning Coach at the University of Miami, Florida
- Assistant Strength & Conditioning Coach at Ohio University
- Assistant Strength & Conditioning Coach at the University of Dayton
- Under Armour Combine Performance Consultant



Mike Crissinger, MS, CSCS, USAW, PES

B.S. in Physical Education, BGSU
M.S. in Sport Science, US Sports Academy

[visit us at speedstrength.com](http://speedstrength.com)





NFL COMBINE PREP TRAINING

The NFL Scouting Combine and Pro Day is considered the ultimate job interview for a football player. This is the athlete's opportunity to perform in front of NFL scouts, coaches, Directors of Player Personnel, and General Managers.

Being properly prepared and successfully performing the battery of performance and mental tests can help elevate your draft status and can be the difference in millions of dollars or making a team's roster. You will have only one opportunity, so don't trust just any training program!

Speed Strength System's training facility is located 10 miles east of Downtown Cleveland.

Cleveland's weather at the time of Combine Training is certainly not ideal or comparable to that of Arizona, Florida, Texas or California. We acknowledge this, however, you as an athlete must understand that this is a time to be focused on your workouts and not distracted by outside influences.

**Your critical audition for the NFL is coming!
Will you be ready to perform at your highest level?**





THE SPEED STRENGTH FACILITY

- 5,000 sq. ft. strength/power training room
- 70 yard "field turf" speed, plyometric and agility training surface
- 30 yd. x 15 yd. beach sand pit for additional speed & power development
- 18,000 sq. foot sport court
- Sport-specific, turf playing area for position-specific drills

Speed Strength advantages include:

- individually designed performance prescriptions
- strategic modification for maximum gains
- maximizing skills for the NFL Combine
- low athlete-to-coach ratios (max 4:1)
- degreed, certified strength-performance coaches
- 25 years of training experience
- sports nutrition
- massage therapy
- individual skill position coaches

Training Evaluation

Step 1. Comprehensive Physical & Performance

Evaluation. A sequence of physical tests to determine specific physical strengths/weakness which will ultimately aide in the design of the training program and enhances your results.

We evaluate:

- flexibility
- balance (single and double leg proprioception)
- upper and lower body muscular strength
- any muscular imbalances
- pre-existing injuries

Step 2: Performance Evaluation (Combine Tests)

All of these test's will be administered and trained on the identical surfaces and equipment as the RCA Dome in Indianapolis.

Philosophy and Program

We provide the athlete with the best opportunities to reach maximum development of speed and power through the use of functional, ground-based movements and strength exercises, olympic strength-power training, improved flexibility, balance, agility, injury prevention, and sport-specific training.

Our Goal:

- prepare the athlete to master combine tests
- improve athletic performance
- leave strong, lasting impressions on NFL teams

Video analysis is also utilized for starts and speed development and is reviewed on training days to provide visual feedback. We also conduct nutritional counseling to ensure proper fueling for performance and recovery.

WHY CHOOSE SPEED STRENGTH SYSTEMS?

Over 165 collegiate football athletes have trained with us in preparation for the NFL Draft. Out of those athletes, 30 have been drafted and over 55 others made teams or camps as free agents.

Our Combine preparation involves the strategic use of multi-joint strength & power training to promote speed and jumping ability (fast twitch) for the tests performed on Combine day (vertical jump, 40 yard dash, pro shuttle, 3-cone, long shuttle and position-specific drills.) Preparation for the 225 lb. bench rep test is implemented using multiple training designs to promote upper body strength and endurance.

Speed Strength has earned a reputation of excellence through its Combine Prep training.

Our successes include:

Donte Whitner and Ted Ginn, Jr. Both were projected as late first round or early second round picks. Intense training lead to standout performances at the NFL combine and culminated with both men being Top 10 picks in the NFL draft.

2006: Donte Whitner-1st round 8th pick overall (Ohio State-Buffalo Bills), Nate Salley 4th round pick (Ohio State-Carolina Panthers), and Derrick Martin 6th round pick (Wyoming-Baltimore Ravens) all posted 40 inch or higher vertical jumps at the NFL Combine in Indianapolis, plus sub-4.40 forty times for Whitner and Martin. Martin also posted the fastest long shuttle (10.64 seconds and the second fastest pro shuttle (3.94 seconds) at the combine. Barry Coffield, 3rd round pick (Northwestern - NY Giants) posted impressive shuttle (4.34) and 40 yard dash (4.95) times, and a 34.5" vertical; all while weighing 310 lbs.

2007: Ted Ginn Jr. - 1st round 9th pick overall (Ohio State - Miami Dolphins) shocked scouts when he recorded between 4.37 and 4.45 in the 40 yard dash. Amazingly, this was accomplished just 3 months after suffering a severe foot injury in the 2007 National Championship game.

2008: Mario Manningham - 3rd round, 95th pick (Michigan - NY Giants) posted a 4.60 - 40 yard dash at the Combine. Two weeks later, he redeemed himself at his Pro-Day by running a 4.39 and 4.40 - in the 40 yard dash, and a 3.90 in the Pro Shuttle. Today, Mario is the starting WR for the 49ers.

2009: Quarterback Julian Edelman amazed scouts at the Kent State University Pro Day by recording back-to-back pro shuttle times of 3.89 seconds. This was the fastest recorded shuttle time for the 2009 NFL draft. Edelman was not invited to the Indy Combine, but

still went on to become the 7th round draft pick of the New England Patriots.

2010: WR/LB Jameson Konz tied the NFL record of 46" in the vertical jump test at his Kent State Pro Day. He also posted at 4.40 40 yard dash and was drafted in the 7th round by the Seattle Seahawks.

MASTERING THE NFL COMBINE TESTS

Vertical Jump | *A test of power.*

Training components:

- increased ground force production
 - triple extension of the ankles, knee's and hip
 - muscle tendon - stretch reflex
 - reach techniques through plyometric training
- Average jump improvement is 3 inches.

40 yard dash | *A test of power and speed.*

Training components:

- stance
 - starting power
 - acceleration phase
 - top speed
 - arm swing
 - stride length and frequency
 - maximum velocity phase
- Average decrease in time is .10 - .25 seconds.

Pro Shuttle | *A test of agility & change of direction.*

Training components:

- starting technique and power
 - proper acceleration and reducing deceleration time
 - change of direction
- Average decrease in time is .30 - .50 seconds.

Three Cone | *A test of agility & change of direction.*

The component's include:

- speed
 - quickness
 - change of direction.
- Average decrease in time is .25 - .5 seconds.

225 Bench Press Rep | *A test of strength & endurance.* Average increase is 7 repetitions.

Long Shuttle | *A test of speed endurance.*

We use a number of training drills stressing the proper energy system while enhancing endurance.

Position Specific Drills

Periodically, we will take the athletes through drills they will perform at the Combine or Pro-Day. This not only prepares them for the tests, but also keeps them fresh with their position movements.

SPEED STRENGTH COMBINE ROSTER

RUNNING BACKS

Eric Kettani (US Navel Academy)
Chester Taylor (U. of Toledo)
Tony Fisher (U. of Notre Dame)
Robert Sanford (Western Mich. U.)
Marcus Williams (U. of Maine)
Jerrold Void (Purdue U.)
P.J. Pope (BGSU)
Tony Sutton (College of Wooster)
John Hall (U. of Toledo)
Greg Pruitt (North Carolina Central)
Marcus Mason (Youngstown St.)
Dan Macon (BGSU)
Quintin Hines (Akron)

DEFENSIVE BACKS

Diauntae Morrow (Toledo)
Otis Merrill (Southern Ill)
Todd Howard (U. of Michigan)
Jerton Evans (U. of Virginia)
Milt Bowden (Miami U. - Ohio)
Nashville Dyer (Kent State U.)
Justin Baugham (Kent State U.)
Mark Graham (U. of Buffalo)
Zach Norton (U. of Cincinnati)
Joe Gonzales (Indiana U.)
Eli Ward (U. of Minnesota)
Steve Cargile (Columbia U.)
Justin Fraley (U. of Minnesota)
Jerome Acy (Bucknell U.)
Derrick Martin (U. of Wyoming)
Keon Jackson (U. of Toledo)
Donte Whitner (The Ohio State)
Nate Salley (The Ohio State)
Kasey Ross (East Carolina)
Tony Franklin (Virginia)
Gerard Lewis (Hawaii)
Jason Perry (Youngstown St.)
Nick Driskol (Mt. Union)

NFL CLIENTS

Montario Hardesty (Browns)
John Hughes (Browns)
Mike Preston (Titans)
Jeri Pendleton (Jaguars)
Julian Edelman (Patriots)
Eric Kettani (Redskins)
Ricky Stanzi (Jaguars)
LeCharles Bentley (Browns)
Joe Jurevicius (Browns)
London Fletcher (Redskins)
Nate Clements (Cincinnati)
Abe Elam (Browns)
Tony Fisher (Rams)
Chester Taylor (Vikings)
Jamel White (Ravens)

OFFENSIVE LINEMAN

Brian Winters (Kent State U.)
Lamar Mady (Youngstown State)
Ulish Booker (Michigan State U.)
Cedric Williams (U. of S. Carolina)
Jacob Bell (Miami U. - Ohio)
Adrien Clarke (The Ohio State)
Mike Kne (The Ohio State)
Ben Miller (Air Force Academy)
Chad Bartozek (U. of Buffalo)
Antonio Gates (Kent State U.)
Chris Holmes (U. of Toledo)
Matt Turner (Purdue U.)
Adam Stenavich (U. of Michigan)
Rob Sims (The Ohio State)
Ed Blanton (UCLA)
Antonio Tate (Mt. Union)

DEFENSIVE LINEMEN

Lindsey Witten (UCONN)
Curtis Young (U Cincinnati)
Jake Stoller (Yale)
Jeri Pendleton (Ashland)
Antwan Lake (West Virginia U.)
Antwan Peek (U. of Cincinnati)
Omari Jordan (U. of Buffalo)
Dante Booker (Auburn U.)
Sean Lazarus (U. of Minnesota)
Roy Attiah (Kent State U.)
Pierre Wilson (Kent State U.)
Ryan Terry (Miami U. - Ohio)
Mitch Crowsley (BGSU)
Alex Ofili (U. of Michigan)
Bary Cofield (Northwestern U.)
Matt Rice (Penn State U.)
Ben Ishola (U. of Indiana)
Quinton Echols (Kansas St.)
Devon Parks (BGSU)
Jermaine Reid (Akron)
Jamel Lee (Youngstown St.)

WIDE RECEIVERS

Ted Ginn Jr. (The Ohio State)
Mario Manningham (Michigan)
Julian Edelman (Kent State U.)
Mike Preston (Heidelberg)
Kenny Christian (Eastern Mich. U.)
Lanier Washington (Marshall U.)
Cole Magner (BGSU)
Terrance Hudson (U. of Toledo)
Steve Sanders (BGSU)
Eric Davis (Vanderbilt U.)
Carson Butler (Michigan)
Shawn Bayes (Kent State U.)
Derrico Murray (Kent State U.)
Stephon Fuqua (Eastern Kentucky)
Louis Irizarry (Youngstown St.)
Renard Stevens (West Liberty St.)

LINEBACKERS

Jameson Konz (Kent St)
Keith Darbut (Baldwin Wallace)
Tim Cheatwood (The Ohio State)
James Davis (West Virginia U.)
Khary Campbell (BGSU)
Matt McFadden (Weber State U.)
Eric Mahl (Kent State U.)
Anthony Jordan (U. of Toledo)
Anthony Schlegel (The Ohio State)
Bobby Carpenter (The Ohio State)
David Thomas (U. of Toledo)
Kyle McKenzie (U. of Minnesota)
Pierre Woods (U. of Michigan)
Ryan Myer (U. of Akron)
Abe Elam (Kent State U.)
Charles Diesul (Mt. Union)



Mario Manningham (49ers)
Antwan Lake (Falcons)
Ron Dayne (Texans)
James Davis (Lions)
Adrien Clarke (Eagles)
Ted Ginn Jr. (Panthers)
Bob Halen (Browns)
Ryan Myer (Jets)
Zach Norton (Ravens)
Ike Charleton (Seahawks)
Ben Kelly (Patriots)
Donte Whitner (49ers)
Nate Salley (Panthers)
Rob Sims (Lions)
Pierre Woods (Patriots)

P.J. Pope (Packers)
Derrick Martin (Packers)
Dave Pruce (Patriots)
Courtney Ledyard (Jets)
Jamar Martin (Dolphins)
Bary Cofield (Redskins)
Khary Campbell (Texans)
Ryan Tucker (Browns)
Troy Smith (49ers)
Charlie Frye (Raiders)
Reggie Corner (Bills)
William Green (Browns)

Tim Cheatwood (Tigercats - CFL)
James Cotton (Tigercats - CFL)