

## **NEXT LEVEL PERFORMANCE & FITNESS**

**IS HOSTING OUR FIRST FOOTBALL UNDERCLASSMAN COMBINE**

**WITH THE NEW DIRECTOR OF FOOTBALL**

**BUDDY KRUMENACKER & UNDER ARMOUR**



**DATE: SUNDAY MARCH 4<sup>TH</sup>**

**TIME: 12 - 4 P.M.**

### **COST OF THE COMBINE:**

**PRE REGISTRATION IS \$150 & \$180 WALK UP. THE EVENT WILL BE FOR FRESHMAN, SOPHOMORES AND JUNIORS ONLY! YOU WILL ALSO RECEIVE A NEXT LEVEL PERFORMANCE & FITNESS T-SHIRT. PROFESSIONAL VIDEOS ARE AVAILABLE FOR GREAT RECRUITING EXPOSURE AND COVERAGE!**

### **DESCRIPTION OF PREP EVENTS:**

**AT NEXT LEVEL'S COMBINE PREP OUR COACHES/TRAINERS WILL GIVE YOU ANY TIPS AND/OR TECHNIQUES ON HOW TO IMPROVE AND DEVELOP YOUR 40-YARD DASH, SHUTTLE RUN BROAD JUMP, VERTICAL, AND BENCH PRESS. IT WILL ALSO DECREASE ANY STRESS OR ANXIETY ABOUT TESTING. THIS WILL MAXIMIZE THEIR SKILLS AND ATHLETIC PERFORMANCE. THERE WILL ALSO BE A FORMER NFL GUEST SPEAKER.**

**COMBINE WILL INCLUDE THESE EVENTS:**

**HEIGHT/WEIGHT/PHOTOGRAPH**

**RECEIVE A PROPER SUPERVISED DYNAMIC WARM-UP**

**40-YARD DASH**

**VERTICAL JUMP**

**5-10-5 SHUTTLES**

**BENCH PRESS**

**BROAD JUMP**

**NO CLEATS, ONLY TURF SHOES OR SNEAKERS**

**ALSO, WE WILL TAKE THE BETTER OF YOUR TWO TIMES**

**CERTIFIED UNDER ARMOUR STAFF WILL RECORD TESTING.**

**ALL SCORES WILL BE POSTED BY:**

**UNDER AMROUR, RIVALS.COM, SCOUT.COM, MAXPREPS.COM,  
ESPN.GO.COM**

**RESULTS WILL BE SENT TO ALL MAJOR RECRUITING BUREAUS**



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