



G.T.A. Chicago

**GEORGIA TRAINING
ALLIANCE
PRE-SEASON
Training Program**



G.T.A. PRE-SEASON PREPARATION

Our Mission is to provide a superior product while addressing the growing demand for a safe and intelligent approach to world class sports training by employing a comprehensive program that cultivates the athlete's innate talents with an emphasis on the athletes' physical, fiscal, and emotional development to promote stellar performance on and off the field.



Our Strategy is to create a physically and mentally dominate player using our certified trainers, staff, and strategic partners whose superior skills in their respective fields will be used to formulate and implement a tactical training process. G.T.A. will also utilize a systematic program that incorporates all critical elements of the pre-season process beginning with nutrition and expert fitness, to emotional and fiscal readiness.

OUR TRAINING

Every Athlete has specific areas that need improvement, as well as skill sets that translate to their position. Our trainers/coaches work individually with each client, tailoring a workout for his personal needs that focus on the actions and movement needed to play his assigned position.

Potential clients are fully assessed before training begins using film study, and scouting reports to determine the best course of training. Athletes will also receive a medical work-up prior to the first workout.

GTA produces athletes that are fundamentally sound, in shape, and competitive. Our clients will be ready at game time. **We guarantee it!** We will help you take your game to another level with marked improvement that you will notice with each session, as you distance yourself from the competition.

Our Trainers:

GTA's staff offers the best in position specific training, catering workouts to each players strength and weakness.

What is your goal in this sport?

- To be the best
- To earn a scholarship
- To make an All-Star Team
- To be a Professional Sports Draft Choice

Point Made:

A prospect cannot train and put total concentration into one area. Training solely with your teams strength and conditioning program will not be enough. The Prospect with superior work habits will gain the edge over his competition.

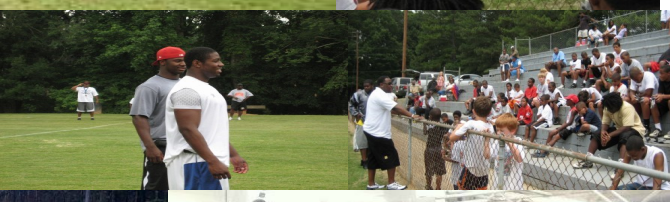




GTA trains in the beautiful community of Richton Park, Illinois 45 min south of downtown Chicago easily accessed by train, bus and directly off interstate 57 south. Skills training will be done inside the Richton Park Community Center The outdoor training will be done at Rich South and Rich Central High Schools.



Your Next Level Journey Begins Here!



Training and Coaching Staff



David Irons Sr.- 3 years NFL experience as a player
25 years of certified professional skills development (RB specialist)

Maurice “Coach Mo” Tyler- 14 years NFL ,CFL & USFL playing experience
22 years NFL, NCAA and High School coaching (DB/FS specialist).

Patrick Johnson - 10 years NFL,CFL experience as a player 15 years of certified professional skills and speed development (WR specialist).

Chris Alexander - 2 years NFL experience as a player, 23 years experience as; Professional Football Technique Coach, High School and Middle school football Coach Position trainer coach (DL specialist).

Daron K Williams - 2 years NFL playing experience, 25 years of College, High School Coaching experience to include position skills training as a DB/WR specialist.

Jamaree Gordon- 4 years professional football playing experience, certified track/football skills trainer, wide receiver coach and Personal Fitness Trainer.

Phillip Alexander - 7 years NCAA,NFL High school playing coaching and training experience
10 years of certified professional skills development. (DL specialist).

Keaton Willis — 8 years experience MLB New York Yankee bullpen Coach, Morehouse Baseball and Emory University.

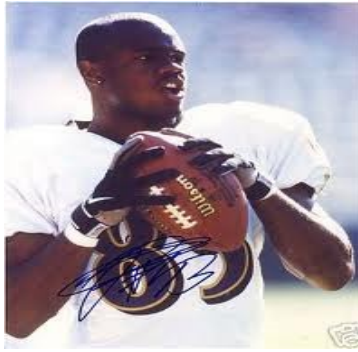
Rory T Edwards—23 Years Life Skills Consultant, Life coaching and character development programs, entrepreneur, business development and image building consultant.

Amanda Mclaurin - 6 years of training experience Exercise Science specialist, Strength /Conditioning Boot camp, Rehab Therapy and Flexibility Training.





Daron K Williams
Vice President /Athletic Director
Defensive Backs, Receivers



Patrick Johnson .
Wide Receivers/Speed/Track
www.musclefoot.com



Dr. Rory Edwards COO.
Interview Skills/Leadership and
Character Development./Basketball



Chris D Alexander
Executive Vice President
Strength Coach/ D-Line High
School Sports Coordinator



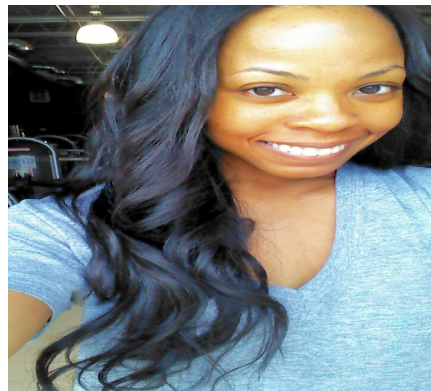
David Irons Sr. CEO
Quickness/Agility/Running backs



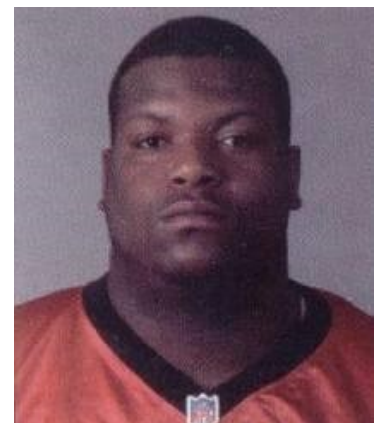
Maurice "Moe T" Tyler
Executive Vice President
Defensive Backs/Fitness/
Lacrosse



Phillip Alexander Defensive Line,
Skelly Coordinator.



Amanda McLaurin, Fitness, Nutrition
/Flexibility



DeMarcus Curry.
O-Line/D-Line Coach/Locker
Room Etiquette.





Clients are supplied a daily schedule detailing their weekly Training Routine.



<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>
11:00 - 11:20 Warm-up	11:00 - 11:20 Warm-up	11:00 Start Time	11:00 - 11:20 Warm-up	11:00 - 11:20 Warm-up	OFF
11:30-1:00pm Fast Twitch	11:30-1:00pm Plyometric Drills	23-93 Stadium conditioning Work-out	11:30-1:00pm Fast Twitch	11:30-1:00pm Fast Twitch	
Position Related Drills	Position Related Drills	Ball Skills	Position Related Drills	Position Related Drills	
Ball Skills	Ball Skills	1:30 End Time	Ball Skills	Ball Skills	
Main Football Field	Main Football Field		Main Football Field	Main Football Field	
LUNCH	LUNCH		LUNCH	LUNCH	
Weight-Training	Weight-Training		Weight-Training	Weight-Training	
2:00-3:30 pm	2:00-3:30 pm		2:00-3:30 pm	2:00-3:30 pm	



G.T.A. Training Packages

Pricing List for Perspective Clients.

GTA Amateur- \$850.00 for 25 sessions

- Pre-season position related and condition training
- 5 sessions per week
- Training gear (GTA Dri-fit T-shirt)
- Sports Physical
- 1 Counseling Session(Dr. Edwards)
- Leadership Class

GTA Youth - Group Training Only \$20.00 per session

- Pre-Season group position related conditioning and training
- 3 sessions per week
- Training gear (GTA T-shirt)

Individual Pricing

Amateur Training \$55.00 per session.

Youth Training \$35.00 Per session



G.T.A. provides each client with access to the following services during their Pre-Draft training.

AFFILIATE PARTNERS

Dr. William K Payne: (708) 756-0100
Orthopedic Surgeon

ATI Physical Therapy
Tel: (708)283-0021

Chiropractor
Dr. Itasca L Waiters Tel: (708) 323-7691

LODGING:

Holiday Inn Matteson
500 Holiday Plaza Dr.
Matteson, IL 60443
(708) 747-3500

Country Inn and Suites
950 Lake Superior Dr.
Matteson, IL 60443
(404)237-9100
(708) 748-4740

CAR RENTAL:

Enterprise Rent- A-Car
5539 Miller Circle Dr.
Matteson, IL. 60443
(708) 720-1700
www.enterprise.com



TRAINING GEAR AND EQUIPMENT

- G.T.A. accessories and training attire can be purchased online at our website www.georgiatrainingalliance.com.

NUTRITION SUMMARY

- As we prepare athletes for their future, it is essential that each individual's meal and supplement plan are in place to ensure optimal performance during training and thereafter.

SERVICES AND OTHER AMENITIES

Neurological Assessments - A neurological assessment includes several exams, tests and procedures which are used to make the diagnosis of nervous system diseases.

Assessment / Therapy Service- Assessment and therapy services help athletes reach and maintain their peak performance. Assessments will determine the athlete's cognitive ability, attention and interpersonal skills, and their ability to adapt and problem solve. This will help predict concentration errors and their likely performance under pressure. Therapy services will address emotional barriers and challenges of being an athlete.

Chiropractic Care - A health care discipline and profession that emphasizes diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system.

Nutrition Counseling - The Registered Dietitian will develop an individualized eating plan that will help clients reach their personal health goals, in a way that will support clients both physically and emotionally.

Sports Massage - Therapeutic sports massage is a type of massage technique that focuses on treating soft tissue aches, pain and injuries that are associated with training instruction activities.

Orthopedic Evaluation – Is used to evaluate and study the level of impairment in functional movement.

Yoga - is really about creating balance in the body through developing both strength and flexibility.

Boxing Cardio - Conditions the total body and provides a complete workout for your cardiovascular and endurance systems. Boxing Cardio helps, Increased Stamina - Increased Strength - Increased Speed - Increased Coordination.

Life Skills and Image building development - Through helping participants know themselves, the training focuses on understanding what leadership is, what it takes to develop leadership abilities, and what skills are necessary to exercise leadership in their personal and professional lives.

The **G.T.A.** staff has over 20 plus years of training expertise in preparing and advancing the careers of collegiate athletes to the professional ranks.



G.T.A. Clients



Game On!



The **G.T.A.** facility and trainers are tops in the country. When it comes to Football we understand how the game is played. Football is more about agility, quickness and vision than speed. The quicker you are, the more plays you make. Train for the game.

“WHY ARE WE STILL TALKING? LETS GO TO WORK”!



- **Personal** – Determines the potential of the organization
- **Relationships** – Determines the morale of the organization
- **Structure** – Determines the direction of the organization
- **Vision** – Determines the guidance of the organization
- **Leadership** – Determines the success of the organization



Be serious about your training !

