



G.T.A.

GEORGIA TRAINING

ALLIANCE

PRE-DRAFT

GAME PLAN



G.T.A. PRE-DRAFT 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-draft process beginning with nutrition and physical fitness, to emotional and fiscal readiness.

OUR TRAINING

Every football player 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 through film study and research long before training begins to determine the best course of action. They 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 individual's strength and weakness.

What is your goal in this sport?

- To be the best
- To be a draft choice
- To make the Pro Bowl
- To be inducted into the NFL Hall of Fame



Point Made:

A prospect cannot train and put total concentration on just running a 40 yard dash. The 40 is only 20% of why a player is drafted. Once the measurables are tested, one has to still be able to play **FOOTBALL**. **LB** film study, **WR** route running, **QB** system reads, **DB** Technique, **RB** Pass Pro, **OL** preparation, All will still be open questions.



GEORGIA TRAINING ALLIANCE INC.

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Train for the GAME not for the DAY.

Draft picks fail to make final cuts every year, but mostly sixth or seventh-round selections. Any time a team invests a pick within the first five rounds, that player is certainly expected to be good enough to earn a spot on the 53-man roster. BUT at times it just doesn't work. Below are examples of why you train hard.

Troy Williamson, WR, No. 7 overall pick in 2005 by Minnesota Vikings

Williamson played in parts of five seasons for the Vikings and Jaguars and caught 87 passes for 9,131 yards and four TDs. For some players, that's a respectable career. For the seventh overall pick, that's a major disappointment. Williamson struggled with dropped passes throughout his three seasons in Minnesota, which only magnified the frustration in his selection.

Johnathan Sullivan, DT, No. 6 overall pick in 2003 by New Orleans Saints

The Saints traded up to take Sullivan and expected him to be a stalwart of their defensive line. He played in 14 games as a rookie and recorded a sack, but Sullivan's output went downhill from there. His three-year stay in New Orleans resulted in 1.5 sacks in 36 games. In 2006, he was dealt to New England, where he never played a game. He has been out of the NFL since.

Joseph Barksdale, OT the Oakland Raiders waived 2011 3 round Draft pick out of LSU.

DeMarcus Van Dyke, DB The Raiders also shed their 2011 third-round pick out of Miami.

Cody Brown, DL was selected in the second round of the 2009 NFL Draft by the Arizona Cardinals with the 63rd overall pick. Coming out of Connecticut having recorded 18.5 sacks in his final two collegiate seasons, Brown was expected to give Arizona an extra pass-rushing threat (never happened).

Juaquin Iglesias, WR who was a third round pick for the Chicago Bears in the 2009 draft, Iglesias was active for just one game as a rookie and hasn't made the Bears' active roster in his second year.

Vernon Gholston, OLB - As the 6th overall selection in the 2008 NFL draft, Gholston did not play much his rookie season after being expected to start. He saw time mainly on special teams, totaling 13 tackles, 5 solo. In his second year, Gholston was mostly a minor contributor under new coach Rex Ryan's defense. During the 2009 season, he tallied 17 tackles (12 solo and 2 tackles for loss). Following the 2009 season, Gholston converted from outside linebacker to his more-familiar defensive end position. Gholston was released by New York on March 2, 2011 after three seasons with the team—a time in which he recorded no sacks (while, according to ESPN, over 600 other players recorded at least one). He has widely been considered a "bust"! Gholston went to camp with the Bears(2011) and Rams(2012) failed to make either teams roster.

A.J. Jenkins WR, -San Francisco 49ers selected Illinois wide receiver A.J. Jenkins at No. 30 overall in the 1st rd. Jenkins is buried deep down the 49ers' depth chart at wide receiver, As a result, Jenkins may struggle just to be on the 46-man active game-day roster this year. (Traded Aug 2013)



Coach Irons (middle) Chance Warmack (Alabama) and AJ Hawkins (Ole Miss)



NFL = NOT FOR LONG if you start out slow!

1. **Jaiquawn Jarrett**, DB 2nd Rd Philadelphia Eagles 54th overall in 2011, Cut 2012 Jarrett was given multiple chances to win a starting job at safety, but lost the confidence of his coaches with too many missed tackles and a knack for being out of place in coverage.
2. **Rolando McClain**, LB McClain has not only failed to help bolster the defense against the run, but he has also shown to be a liability in pass coverage. McClain was released on April 5, 2013 by the Oakland Raiders
3. **Myron Lewis**, DB disappointing 2011 3rd rd pick out of Vanderbilt Lewis was physically very talented, but struggled with minor injuries throughout his career, and played some awful football when he did get on the field. His play could never live up to his talent.
4. **Quan Sturdivant**, LB was a sixth-round pick out of North Carolina in 2011 but was cut by the Cardinals during camp the following year. He has yet to play a regular-season snap in the NFL.

Final point 2012 NFL Draft: Buffalo Bills outside linebacker **Tank Carder** was selected with the **No. 147** overall selection, Seattle Seahawks selected Linebacker **Korey Toomer** at **154**, and the Dallas Cowboys took wide receiver **Danny Coale** at No. **152**. All players have since been released by their respective teams.

The point in this lesson is not to down talk these players, but to let you, GTA prospective clients know that this could have been avoided.

It doesn't matter if the guys get picked up by other teams. The fact will always remain that they were drafted in a high round and got cut within 2 years. The first hurdle, being drafted complete; now all you have to do is prepare to play football something you have been doing for the last nine years. Your training and preparation can't be an afterthought; you can't waste time on a theoretical approach you have to get it right the first time, so there will be no need to repeat the process. Come out the gate ready.

What does the NFL want from you? Teams will not want you to come in and run a forty yard dash. That's over, time to play. Team Bosses want you to come in immediately and contribute, on the field, off the field and forever represent them in a way that makes the entire NFL community smile.

“BE READY RIGHT NOW”



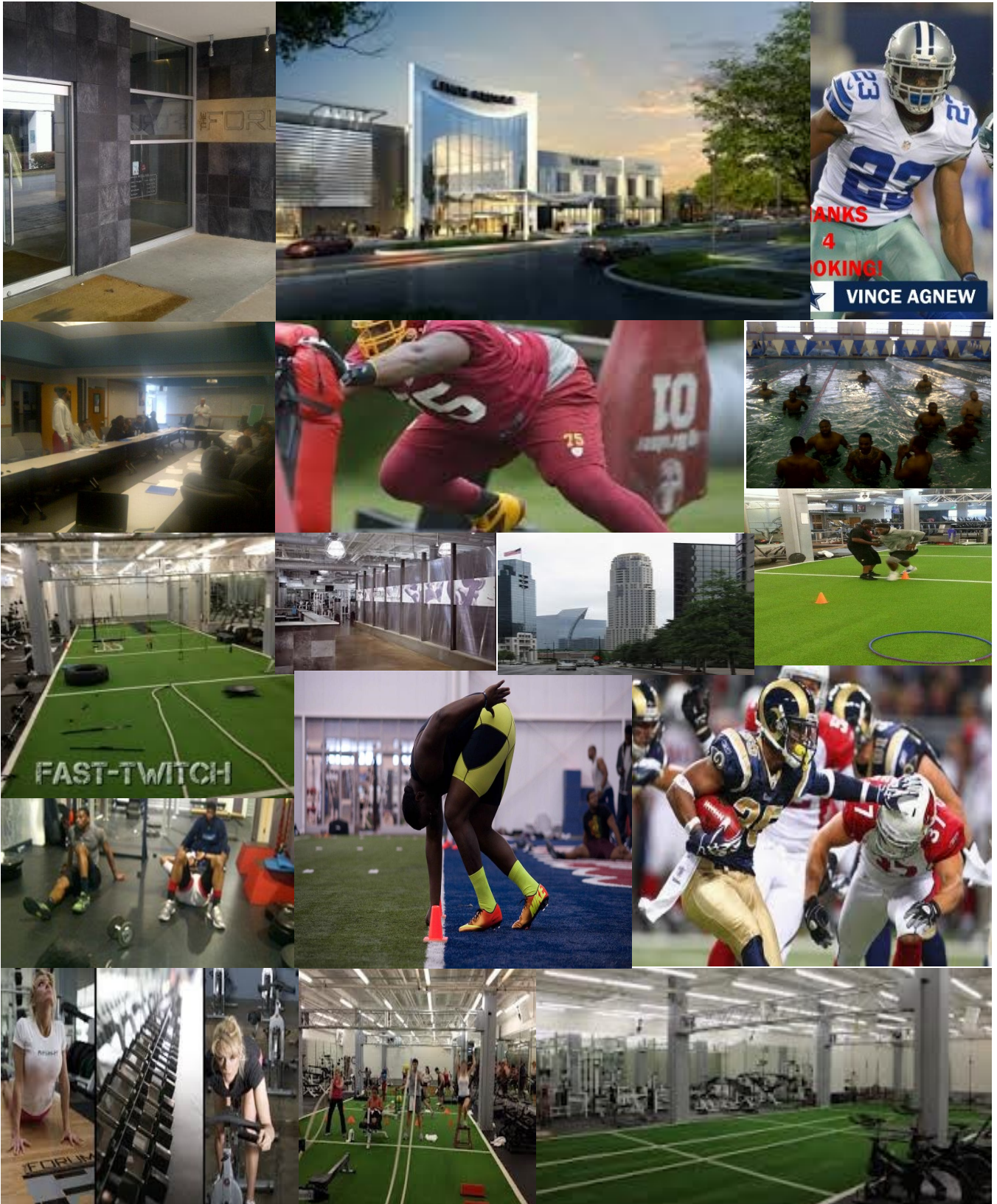
www.georgiatrainingalliance.com



GTA trains from the beautiful Buckhead Community located just 10 minutes from Mid town and Downtown Atlanta; 20 minutes from the Atlanta Airport, adjacent to Lenox Mall, across from Phipps Plaza and minutes from Atlantic Station. The outdoor fields are NFL quality, while the Forum Athletic Club, Has 22,000 sq foot of training excitement.



Your NFL Journey Starts 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
28 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).

DeMarcus Curry - 4 years NFL experience as a player, 13 years experience as; Professional Football Technique Coach, High School and Middle school football Position trainer coach (OL specialist).

Chris Alexander- 2 years NFL experience as a player, 26 years experience as; Professional Football Technique Coach, High School and Middle school football Coach' Position trainer 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/LB specialist.

Kenny Irons — 4 years NFL experience as a player 6 years experience of certified Professional Football Skills trainer, 5 Personal Fitness Trainer. (RB Specialist)

Ryan Davis — 12 years experience as a pro trainer and football coach played college football for The University of Georgia, currently the special teams coordinator and defensive back coach at Woodward Academy.

Amanda Mclaurin - 8 years of training experience Exercise Science specialist, Nutrition Strength/Conditioning Boot camp, Rehab Therapy and Flexibility Training.

Jamaree Gordon— 4 years professional playing /training experience, certified football /track skills trainer. Personal Fitness trainer.

Patrick Johnson>





Daron K Williams
Linebackers/DE
Vice President (Chicago)



Kenny Irons .
RB/LB and Fitness
Instructor



Jamaree Gordon.
Wide Receivers/Track /Fitness/
Strength Coach.



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



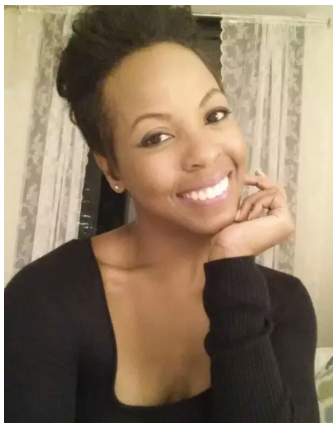
David Irons Sr. CEO
Quickness/Agility/Running backs



Chris Alexander
Vice President D- Line Coach



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



Amanda Mclaurin
Fitness/ Strength Coach/
Flexibility/Rehab



Ryan Davis
Defensive Backs, Playbook and
Scheme Education



New Clients are supplied a daily schedule detailing their weekly Pre-Draft work-out routines.

<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>
9:00– 9:45 Breakfast	9:00 - 9:45 Breakfast	11:00 Start Time	9:00 - 9:45 Breakfast	9:00 - 9:45 Breakfast	10:30 Start Time
10:00- 10:20 Warm-up	10:00-10:20 Warm-up	Aquatic Workout. Or 23-93 Stadium conditioning Work-out	10:00–10:20 Warm-up	10:00–10:20 Warm-up	Football Skills Train- ing. 7 on 7 Skelly 1 on 1 position training.
10:30-Noon Fast Twitch Position Relat- ed Drills Group 1/Field A Group 2/Field B Group 3 Weight Lifting	10:30-Noon Slow Twitch- Plyometric- Core Drills Position Relat- ed Drills Two Groups working out in different part of facility	Wonderlic test preparation Scheduled Class Scheduled Massage or Chiropractic visit	10:30-Noon Fast Twitch Position Relat- ed Drills Group 1/Field A Group 2/Field B Group 3 Weight Lifting	10:30- Noon Slow Twitch- Plyometric- Core Drills Position Relat- ed Drills Two Groups working out in different part of facility	12:30 End Time
LUNCH		4:30 End Time	LUNCH		
2:45 Return to Gym	Other Group Weight-Lifting LUNCH		2:45 Return to Gym	Other Group Weight Lifting LUNCH	
3:00 - 5:00 Skills Training Wonderlic test preparation	2:45 Return to Gym 3:00 - 5:00 Film-Skills- Image building		3:00-5:00 Film-Skills- Image building	2:45 Return to Gym 3:00 - 5:00 Film-Skills- Image building- Yoga	

The 2015 Pre Draft Training Class will start on Monday January 5th 2015. Course will end Friday March 6th 2015



With GTA's continued approach to training the Holistic Athlete our clients will go through an 8 week character/leadership development course. This course will be taught by Life Coach Dr. Eric Merriweather



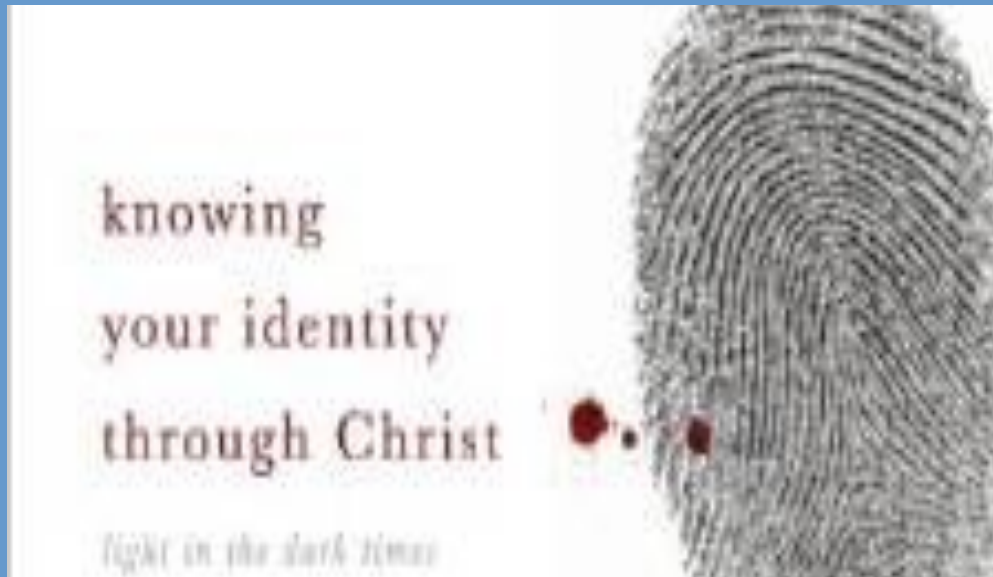
Instructor-Dr. Eric Merriweather.

Internationally recognized Dr. Eric Merriweather Author of top selling book **Knowing Your identity Through Christ.**

Eric attended Shelby State College on a track and field scholarship where he received a degree in Business Administration. As a collegiate athlete, he earned top honors in many conferences throughout the region. Eric a competitor in many USA Track and Field Championship events was also a masters level Olympic gold medalist. Eric Merriweather is an inspiring Life Coach who understands the trials of a Pro Athlete. *"I give thanks and honor to God for showing me the way and allowing me to know who I am through him"*



"Optimize Your True Creativity"



GTA understands that life as a professional football player will be demanding so in keeping with our efforts to train the Holistic Athlete, we want our clients to learn what it means to build their own brand. During training our players will go through a three day course on being their own CEO this course will be taught by Upfront Megatainment CEO Devyne Stephens



Mr. Devyne Stephens., CEO of Upfront Megatainment Inc. Mr. Stephens began his career with LaFace Records, Devyne has worked with everyone from Pebbles, Toni Braxton, Pink, TLC, Usher, Boyz II Men, 44 Suite, Akon, R Kelly and a host of other well known artist.

Through his Atlanta based empire Upfront Megatainment Inc. Devyne has built a true 360 degree go to company, not only in the Atlanta music scene but in the entertainment industry as a whole. The Upfront Megatainment brand consist of Upfront Records, (distributed by Universal Music), The 18,000 sq. ft. Dreamland complex(which includes 3 state of the art recording studios), Upfront Sports Marketing, media training center, choreography studio, fitness center and hair salon. The Upfront Management team guides the careers of some of the worlds hottest Artist and Athletes. Mr. Stephens is a master brand builder.

"I am most interested in the process of change through strategic alliances, watching an idea grow"

“When this part of your career is over can you **transform** form this”

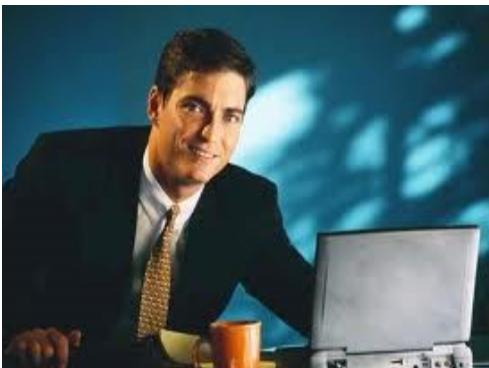


TO



To this The CEO, The Leader
The **Decision Maker.**

“Once you hit the national spotlight as an NFL player, much of your life will be played out in public, giving you an opportunity to further your brand and build a circle of influence that can aid you once your playing career is over.” No one knows how long an NFL career will last, but we do know it has a time limit and you must make the most of this very unique opportunity.

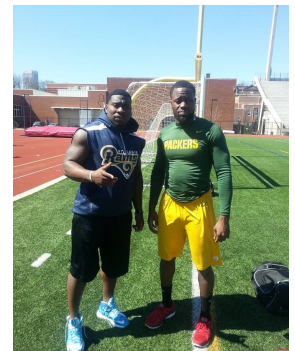


You can work on your future while you play at your work.

Pay to the order of :
YOUR NAME LLC.



YOUR BRAND!
YOUR IMAGE!
YOUR FUTURE!
You Decide!





Bank of Atlanta

GTA Client
Dujuan Harris

GTA has a philosophy to truly educate our clients for a challenging life off the field. With the help of our partners and affiliates, we will take a holistic approach to training our Athletes. During training our clients will go through a Financial Literacy course that will cover all areas of financial responsibility. This course will be taught by BANK OF ATLANTA.



Instructors: Danielle Evans and Charron Hope

Please call for a free financial consultation >>>

Bank of Atlanta

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1349 WEST PEACHTREE
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(404) 975-4884 (855)226- 5285

G.T.A. Training Package

Pricing List for Perspective Clients and Agents

Payment must be made before training begins

\$5,500.00

- **Pre-Draft position related and conditioning training**
- **Neurological Assessments**
- **Chiropractic Assessment**
- **Daily Nutrition Counseling and supplement package**
- **Weekly Sports Massage**
- **Athletic Physical Evaluation**
- **2 Meals Daily**
- **GTA training gear**

WILL YOU BE

READY?



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

AFFILIATE PARTNERS

Georgia Sports Medicine Tel: (770) 814-2223
www.georgiasportsmedicine.com

Falcons Physical Therapy
Evan Blackburn, PT Specialist Tel: (404) 367-2080

Atlanta Spine Dunwoody
Dr. Rashad Sanford Tel: (770) 396-9100
www.atlspinedunwoody.webs.com

Car Rental:

LODGING:

The Manor at Buckhead
3558 Piedmont Road
Atlanta, GA 30305
(866) 724-5487

Extended Stay Deluxe
3967 Peachtree Road
Atlanta, Georgia 30319
(404)237-9100
(888) 370-0984

JAYS USED CARS
3820 Lawrenceville Hwy.
Tucker, GA. 300084
(770) 496-0339

www.peachtreemotorsport.com
Saleem Porter(s_porter.2010@yahoo)
Jay Myric (jsales@bellsouth.net)



TRAINING GEAR AND EQUIPMENT

- In addition to an entire set of G.T.A. accessories and training attire, each benefactor of our services receive work-out gear from our major company sponsors.

NUTRITION SUMMARY

- As we prepare these extraordinary athletes for their NFL future, it is essential that an individual meal and supplement plan are in place to ensure a most advantageous perfor-

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.

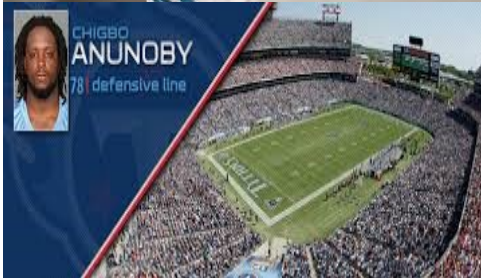
Life Skills and Image building development - Through helping participants know themselves, the training focuses on understanding what leadership is, what it takes to develop leadership abilities, and what skills are necessary to exercise leadership in their personal and professional lives.

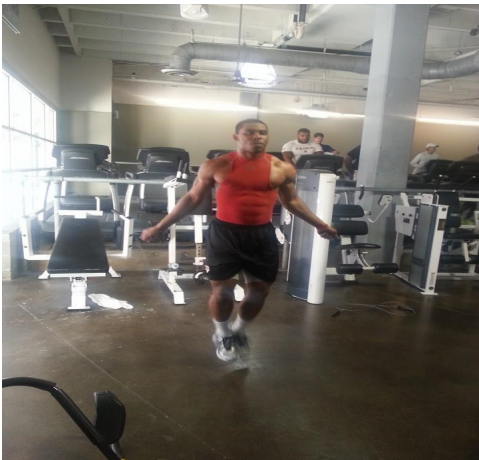
The **G.T.A.** staff has over 20 plus years of training expertise in preparing and advancing the careers of collegiate athletes to the professional ranks.



G.T.A. Clients







G.T.A. is a state of the art full functioning training facility. When it comes to training agility speed and quickness, there is none better. Players are not only ready to participate at the **NFL combine, Pro days**, and **Workouts**, but are prepared to perform at an untouchable level on game day.

“GRIND TO BE GREAT”

- **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



We can help you get there.

“Enough talk, let’s go to work!”

