



DARON BLAND

NFL COMBINE PRO DAY TRAINING

OMAR SPEIGHTS

LEVELLE BAILEY

ATHLETIC PERFORMANCE
(CLOVIS, CALIFORNIA)





AP VISION

We started Athletic Performance 20 years ago to provide a world-class training facility that feels like home and treats our members like family, whether they are elite athletes or pursuing health and fitness.



AP VAULES

We have an open dialogue with our athletes so their personal and professional goals are met.

PERSONAL ATTENTION

We leverage science based tools, such as force plates to pinpoint areas for immediate improvement and craft tailored solutions designed for each athletes unique needs.

POSITIVITY

We push hard to unlock every ounce of potential, but do so in a supportive, inclusive, and corroborative manner.

AP VAULES





*BASED OFF OUR 8 PERSON TRAINING GROUP FOR THE 2025 DRAFT

40 YD DASH
-.75 seconds off

Shuttle
-.59 seconds off

L drill
-1.57 seconds off

Broad jump
Increase of 53 inches

Bench
Increase of 39 reps

Vert
Increase of 22 inches





TRAIN TO DOMINATE SUNDAYS

Over the last two decades, AP has helped athletes of all levels develop the technical skills, physical capabilities, and mental approach needed to transition to the next level.

With decades of both preparing and participating in NFL, NBA, Olympic Games, and MLB competition, our trainers and former professionals have intricate knowledge of every detail needed to help your preparation. With proven combine, pro-day, and training camp development programs, AP invests our knowledge and experience into every athlete to ensure you exceed expectations.



HOW WE WORK

MONDAY

*Heavy Upper Body
Physical Therapy | Treatment
40 starts
Linear Speed*

TUESDAY

*Lower Body Dynamic | Plyometrics
Physical Therapy | Treatment
L Drill and Shuttle
Position Work*

WEDNESDAY

*Yoga
Physical Therapy | Treatment
Recovery | Film*

THURSDAY

*Upper Body | 225 Bench Rep Day
Physical Therapy | Treatment
Max Velocity
Position Work*

FRIDAY

*Shuttle and L Drill
Physical Therapy | Treatment*

SATURDAY

*Start Technique
Lower Body Max Effort*

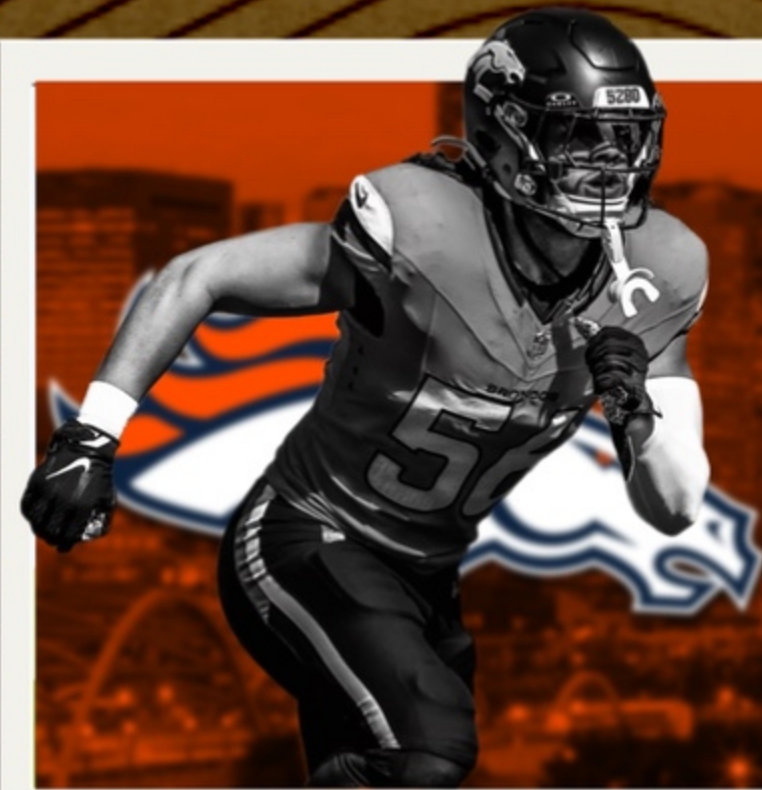




DARON BLAND
DALLAS COWBOYS



OMAR SPEIGHTS
LOS ANGELES RAMS



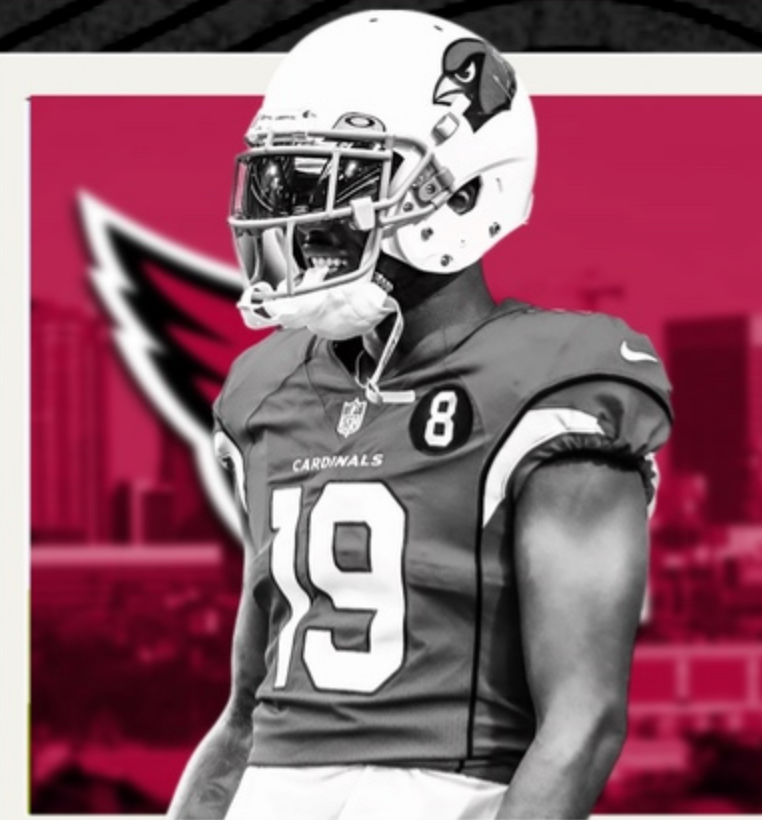
LEVELLE BAILEY
DENVER BRONCOS



ARRON MOSBY
GREEN BAY PACKERS



MORICE NORRIS
DETROIT LIONS



KEESEAN JOHNSON
ARIZONA CARDINALS



EXPERTISE

Our staff includes former players from D1, the NFL, as well as members of USA Track & Field. Combined, they boast over half a century of experience. Each offers unique insight into speed, power and agility drills critical to any pro-day workout.

David Standifer
CEO & Strength Coach

Chloe Sharp
Speed Trainer

Stephen Spach
6 Year NFL Vet
Tight Ends

Josh Norman
Head Speed Trainer

Lyndell Hawkins
Defensive Line

Cameron Worell
7 Year Nfl Vet
Linebackers, Safeties & Corners

Jeremy Vollberg
Head Trainer

Greg Panelli
Quarterbacks

Kenny Wiggins
9 Year NFL Vet
Offensive Line



STATE OF THE ART FACILITY

- State Of The Art Weight Room • 3000sqft of indoor turf • 9000sqft of outdoor turf***
- Zebeck Timing identical to the system used at the NFL combine***
- Onsite physical therapy recovery with cold plunges, sauna, normatech & other recovery tools***



PHYSICAL THERAPY

Our partner, Evolve Physical Therapy & Performance develops a treatment plan addressing the real cause of the symptoms and closely monitor the effectiveness of treatment. Attention to detail and focus on the latest research supports their independent practice's standing as one of the best PT's for elite athletes.





MEDICAL TESTING & MONITORING

We partner with former D1 football player & leading sports medicine physician, Dr. Bautista to provide our draft class with pre-combine lab testing and monitoring throughout the training process. This helps our athletes understand what goes on inside their body while training and where they can improve.





MEDIA TRAINING

With over 20 years of experience as a news caster & sports anchor, Matt Otstot has vast knowledge of the skills necessary to effectively communicate and interact with the media. Our media training session helps players develop proper communication skills and avoid mistakes made by many professional athletes.



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Corner Back



JOIN THE AP FAMILY

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