



Dear Prospective Athlete and Agent

We thank you for your interest in 5 Star Sports Performance. Our program is backed by science, the results that our athletes have had at the NFL combine are second to none.

We will prepare you to adapt to the demands associated with the NFL preparation period. We will train you and teach you what you need to dominate combine/pro day testing.

The facility is a one of a kind, top notch training center that meets all your needs under one roof from training to physical therapy. Our program and our coaches will provide you with the best opportunity to be successful.

**Sincerely,
Justin Shannon
Performance Center Director**

NFL COMBINE & PRO DAY TRAINING



MADISON HEALTHPLEX PERFORMANCE TRAINING CENTER



COMBINE TRAINING



40 YARD DASH

Stance
First Step
First 10 Yards
Transition
Finish



VERTICAL JUMP

225 lb BENCH PRESS

L DRILL

SHUTTLE DRILL



JJ NELSON

2015 - Combine
4.28 - 40 Yard Dash



PERFORMANCE STAFF



RJ BARRETT
PERFORMANCE
DIRECTOR



JUSTIN SHANNON
PERFORMANCE
CENTER DIRECTOR



DYLAN HOOVER
PERFORMANCE COACH



MEDICAL STAFF



BRIAN HENDLEY

PT, CLINIC DIRECTOR

Brian has worked in Physical Therapy for 25 years, working closely with local physicians and sports specialists



CHRIS ADAMS

DPT, ATC

Bachelors - Sports Medicine
Doctorate - Physical Therapy
Launched ACL injury prevention program



BEN ADCOCK

DPT, TPI

Bachelors - Exercise Science
Doctorate - Physical Therapy



ALUMNI



A FEW OF OUR ALUMNI



Tyreek Hill - Kansas City Chiefs
JJ Nelson - Oakland Raiders
Jermaine Whitehead- Cleveland Browns
Senquez Golson - Pittsburgh Steelers
Mike Thomas - Los Angeles Rams
Josh Woodrum - Washington Redskins
Joseph Cheek - Houston Texans
Farrington Huguenin - Pittsburgh Steelers
AJ Stamps - Cleveland Browns
Jeremy Sprinkle - Washington Redskins
Dylan Bradley - Minnesota Vikings
Cameron Tom - New Orleans Saints
Jermaine Eluemunor - Baltimore Ravens
Nick Mullens - San Francisco 49ers
Siran Neal - Buffalo Bills
Gardner Minshew - Jacksonville Jaguars

PERFORMANCE CENTER



INDOOR TURF

40 yard Indoor turf

TRX

4 Vertimax

Prowler Sleds



WEIGHTROOM

7 Power Racks

Dumbbells

Kettlebells

Medballs

4 Woodway Treadmills



OUTDOOR TURF

50 Yard Outdoor Turf



PERFORMANCE CENTER



PHYSICAL THERAPY

Full service
rehabilitation clinic,
specializing in
orthopedic and
sports related injuries



HYDOWORX POOL

Aquatic therapy in
HydroWorx pool gives your
athletes distinct
rehabilitation and training
advantages



HOT TUB / COLD TUB

6 lane 25 meter pool (heated)

Hot Tub

Cold Tub

Therapy Pool (heated)



OUR CAMPUS

LODGING:
Courtyard Marriott

DINING:
Primos Cafe
Georgia Blue
Starbucks

PHARMACY/MARKET:
Walgreens



OUR PARTNERS



Our 17 board-certified, fellowship-trained specialists routinely perform countless procedures and guide patients through rehabilitation to complete recovery.

Foot and Ankle Specialists

Penny J. Lawin, MD
Jamey W. Burrow, MD

Hip and Knee Replacement Specialists

Jeff D. Almand, MD
Trevor R. Pickering, MD
R. Kerk Mehrle, Jr., MD
William B. Johnson, Jr., MD

Hip and Knee Specialists

James W. O'Mara, MD
Jason A. Craft, MD
Austin M. Barrett, MD

Spine Specialists
Graham C. Calvert, MD
James W. Woodall, Jr., MD

Shoulder and Elbow Specialists

Larry D. Field, MD
J. Randall Ramsey, MD
E. Rhett Hobgood, MD

Hand and Wrist Specialists

Chris P. Ethridge, MD
James A. Moss, Jr., MD
Nicholas Jew, MD

