



Cutting Edge Sports Training



2011 Combine/ Pro Day Preparation





"When I was preparing for the biggest day of my athletic career, I turned to Todd Norman and Cutting Edge Sports Training. They prepared me to perform at my best and I recommend them to any athlete interested in attaining their peak physical performance."

**Mark Sanchez, QB - New York Jets
5th Overall Selection, 2009 NFL Draft**

- NOTABLE CLIENTS -



Paul Kariya
- NHL -



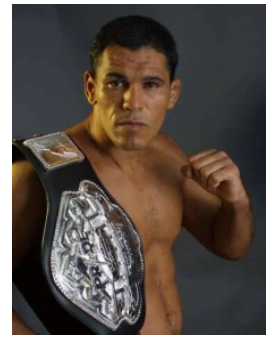
Anderson Silva
- UFC -



Bob Sanders
- NFL -



Lindsay Davenport
- WTA Tour -



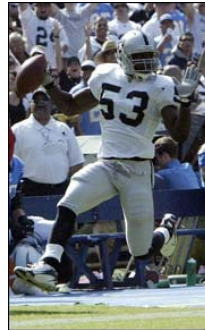
Antonio Nogueira
- UFC -



Mark Sanchez
- NFL -



Sam Baker
- NFL -



Thomas Howard
- NFL -



Gerard Lawson
- NFL -



Jason Shirley
- NFL -



Tony Parrish
- NFL -



Scott Mitchell
- NFL -



Jon Dorenbos
- NFL -



Mike Crawford
- NFL -



Maurice Price
- NFL -



Ryan Powdrell
- NFL -



Bret Lockett
- NFL -



Jordan Palmer
- NFL -



Yvenson Bernard
- CFL -

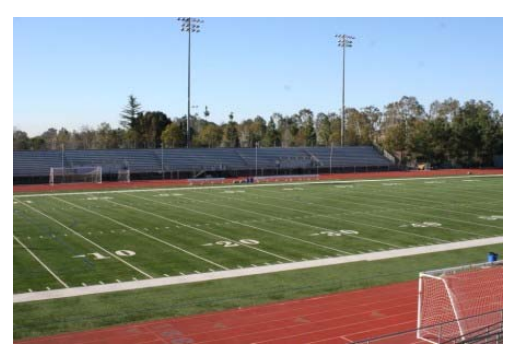
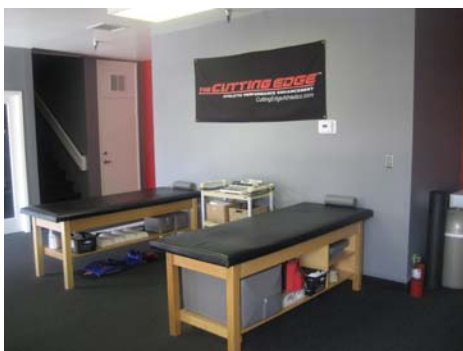


Mark Restelli
- CFL -

- ATHLETES IN TRAINING -



- THE FACILITIES -



- TODD NORMAN, M.S., C.S.C.S -



Cutting Edge Sports Training offers an intense, structured program to maximize an athlete's performance for the NFL Combine and/or Pro Day workouts. The program is implemented and supervised by sports training and combine preparation expert **Todd Norman**, a former Division 1 college linebacker at Nevada-Reno, former Head Strength and Conditioning Coach for the NHL's Anaheim Ducks and exclusive trainer to top athletes such as Mark Sanchez (NFL), Sam Baker (NFL), Bob Sanders (NFL), former world #1 Ranked women's tennis star, Lindsay Davenport, Anderson Silva (UFC), Antonio "Minatauro" Nogueira (UFC), Paul Kariya (NFL) and many more. Todd holds a Master's

Degree in Kinesiology and is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. He also holds a 2nd Degree Black Belt in Kenpo Karate, and has trained thousands of athletes over the past 13 years including various top professional and collegiate athletes, teams, and high school organizations. He was also the Regional Director for "Scout Camp" LA, and has helped conduct and organize many combine testing events for Nike, Student Sports, and SPARQ.

- MISSION STATEMENT -

Cutting Edge Sports Training was founded and developed through Todd Norman's determination and passion to provide the best training program and service in a specialized atmosphere that prides itself on excellence. Thus, the Combine/Pro Day preparation program is designed to optimize an athlete's ability and confidence when gearing up for the intense evaluation. Along with advanced training for mobility, foot speed and agility, explosive power, linear speed, strength and conditioning, *Cutting Edge* teaches athletes the intricacies of each test and how to perform them with the best technique for their specific abilities. Therefore, not every athlete should perform each test with the same footwork and positioning, as each individual's size, strength, and speed dictates a unique personalized game-plan that is constructed throughout the athlete's training.

Cutting Edge Sports Training also understands that great performances on events such as the Vertical Jump, 40-Yard Dash, 20-Yard Short Shuttle, and 3-Cone Drill can greatly enhance a player's hype and draft status. However, coaches and scouts will look beyond those events to see if an athlete really has position-specific skills and abilities that match their test scores. Thus, if you run a 4.4 40-Yard Dash, but can't catch a football consistently or demonstrate precision and coordination in position-specific movements, your overall evaluation will suffer. Therefore, *Cutting Edge* incorporates advanced coaching, drills and training techniques to maximize position-specific readiness in an effort to develop the complete prospect, with the best opportunity to actually "**Make the Cut**" through mini-camps and the rigorous pre-season evaluation period.

- TRAINING CALENDAR -

6-Week All-Inclusive NFL Combine/Pro-Day Training Program:

Start Date: January 10th, 2011 and concludes February 18th, 2011.

- Musculoskeletal/Pre-Injury Assessment
- Mock Combine Testing/Player Evaluation
- Performance Training – 2x/Day, 4 Days/Week
- Positional On-Field Training
- 6-Week Nutritional Consulting/Meal Plan
- Wonderlic Preparation, Media/Interview Training

3-Week Post-Season / Early Arrival Starter Program:

Start Date: Nov. 29th, 2011 and concludes December 17th, 2011.

- Musculoskeletal/Pre-Injury Assessment
- Mock Combine Testing/Player Evaluation
- Base Training/Conditioning

4-Week Pro-Day Program Continuation:

Start Date: February 21st, 2011 and continues until March 25th, 2011.

*Any specific need/condensed training program can be customized to meet the athlete's situation and availability. However, if you purchase the 6-week all-inclusive package, additional training weeks needed during December and/or March will be pro-rated at the same discounted weekly package rate.

- THE PROGRAM -

□ Musculoskeletal / Pre-Injury Assessment

Upon entry into the program, each athlete will undergo an extensive evaluation for previous and/or current injuries, as well as other specific imbalances that may lead to training limitations or injuries. Thus, it is our goal that each athlete who participates in the program does so with the maximum effort to ensure their safety and prevent undesirable set-backs. In addition, any current/post-season conditions must be dealt with immediately and accordingly by trained sports medicine professionals. Our extensive assessment includes:

- Structural / Postural Analysis (anterior, lateral, and posterior photography)
- Body Composition and Girth Measurement
- Joint-Specific Range of Motion Testing
- Injury Assessment/Status with Licensed Physical Therapist

Any significant findings will initiate immediate implementation of physical therapy, chiropractic, massage therapy, etc., effective Corrective Exercise Training, and necessary program modifications to facilitate healing and avoidance of re-injury.

□ Mock Combine Testing and Evaluation / Player Profile

Prior to engaging in any structured performance development program, it is essential to identify all specific strengths and weaknesses and get a clear picture of where the athlete currently ranks in their combine-testing abilities. Therefore, athletes will perform a “Mock Combine” upon initial entry to the program that will clearly display the athlete’s current capabilities and potential, and provide the necessary information to determine their specific needs for improvement and identify realistic goals and expectations. The following tests will be incorporated in the “Mock Combine” test protocol, which will also be filmed for video analysis and technical improvement:

- Vertical Jump
- Broad Jump
- 20-Yard Short Shuttle
- 3-Cone Drill
- 10/20/40-Yard Dash
- 60-Yard Long Shuttle
- 225 lb Bench Press Test
- Wonderlich Psychological Exam

Upon completion of the “Mock Combine,” each player/agent will receive an Individual Player Profile that displays the athlete’s current positional rank for each test score, as well as specific goal-setting criteria that clearly displays the needed areas of improvement. The player’s ranking and norms will be determined by the average scores of the previous years combine results.

□ Comprehensive High-Performance Training Program

The actual training program entails a 6-Day/Week training schedule of 1-2 training sessions per day for the following components:

- Flexibility
- Balance
- Core Strength and Stability
- Foot Speed and Quickness
- Agility and Reaction
- Acceleration
- Linear Speed
- 40 Yard Dash Mechanics
- Combine Specific Event Training
- Strength and Power
- Plyometrics
- Metabolic Conditioning
- Body Composition (Increase/Decrease in Weight)
- Daily Regeneration and Recovery

□ Position-Specific Agility Training

In addition to specialized training for the various combine events, Cutting Edge will incorporate Position-Specific Agility Training into the program to ensure the athletes are prepared and stay sharp for all on-field assessments required by coaches and/or professional scouts. Likewise, they will be effectively prepared for the mini-camps that immediately follow the NFL Draft. These workouts will include the exact position-specific drills often asked to perform from previous combines and pro-days.

□ Position-Specific Technical / On-Field Coaching

Athletes will also be provided specialized technical coaching for position related skills such as passing, catching, routes, coverages, blocking and rushing techniques, etc. This will be headed up by renowned football coach and analyst, Bill Cunerty, along with a select staff of coaching specialists. This aspect of the combine training program is geared towards preparing the athletes for demonstration of position-specific knowledge, accuracy, and fundamental readiness.

□ Customized Nutritional Consulting / Meal Planning

Proper nutritional intake is essential when participating in an intense training program to support muscle growth, muscle recovery, hydration and electrolyte balance, sufficient energy utilization and storage, and the necessary caloric intake for fat loss, weight maintenance and/or weight gain. Therefore, each athlete will receive a complete dietary analysis, evaluation, and individualized meal plan by our Registered Dietician. Our philosophy is to reach your goals through hard work and scientifically supported protocols that are legal, ethical and safe. This program will include:

- Nutritional Education Manual
- Weekly Meal Plan
- Pre/During/Post Workout Fueling Recommendations
- Meal Timing Recommendations
- Supplement Guidelines and Recommendations
- Weekly check-ins and modifications



Cutting Edge Sports Training also has the ability to set up fresh meals delivered daily (by 6am) to the training center by *Sunfare*. Up to 3 meals/3 snacks a day can be delivered for a cost of approximately \$46 per day. The meals can be individually selected and pre-determined from the athlete's preference and guidance from our nutritionist. They can also be transported throughout the day in the provided cooler, which makes it easy for the athlete to consume the proper nutrition before and after training sessions.

Special Rates for Cutting Edge Combine Training Clients

- 3 Meals & 3 Snacks/Day – Breakfast/Lunch/Dinner: \$46/Day
- 3 Meals/Day – Breakfast/Lunch/Dinner: \$37/Day
- 2 Meals/Day – Lunch/Dinner: \$30/Day
- 2 Meals/Day – Breakfast/Dinner: \$23/Day
- 2 Meals/Day – Breakfast/Lunch: \$23/Day

□ Physical Therapy / Chiropractic / Active Release

Most athletes have frequent muscle and/or joint pain resulting from training. Thus, athletes training with Todd Norman will have priority access to some of the top experts in Orange County for pain management and rehabilitation. This exclusive network includes licensed physical therapists Joe Donohue (Pro-Sport Physical Therapy) and Randy Bauer (Bauer Physical Therapy) whose clinics are within 10 minutes of the facility. Massage therapy is available on-site at Cutting Edge. Additionally, Dustin Glass, D.C., Certified Active Release Technician, is located next to the facility and provides treatment modalities such as:

- Laser Technology
- Joint Mobilization
- Active Release
- Kinesio-Taping
- Ultra-Sound
- Electrical Stimulation
- Vibration Therapy
- Ice Therapy
- Heat Therapy

Note: Payment for medical services will be the responsibility of the athlete/agent but can be covered by most insurance plans.

□ Wonderlic Preparation/ Media/Interview Training

Athletes will gain a mental edge for combine performance by training with psychotherapist Dr. Casey Cooper. The Sports Psychology Combine Program will have your mental toughness challenged and intellectual speed fine tuned with 3 valuable workshops.

- 1. Preparation to take the Wonderlic.**
 - What is the Wonderlic?
 - Learn the meaning of your score.
 - Test-taking strategies for IQ tests.
- 2. Effective interviewing strategies and techniques.**
 - Controlling your self-presentation through any interview.
 - Demonstrating confidence and the power of your words.
 - Building genuine rapport that leaves a lasting impression.
- 3. Beating the Combine/Pro Day!**
 - Preparing for the mental and emotional trials.
 - Maintaining your mental toughness in the face of new adversity.
 - The connection between: Believing, Visualizing, and Executing.

- SAMPLE TRAINING SCHEDULE -

Time:	Activity:	Location:
<u>Morning Session</u>		
8:00am:	Pre-Workout Treatment (If Necessary)	<i>TBD</i>
9-10:30am:	Linear Speed Mechanics 40 Yard Dash Technique: Starts/Acceleration Phase (0-20 yds)	<i>Cutting Edge</i>
10:30am:	Post-Workout Recovery Nutrition Post-Workout Cool-Down/Static Stretch	<i>Cutting Edge</i>
11-12pm:	Treatment / Massage (If Necessary)	<i>TBD</i>
12:00pm:	Lunch	
<u>Afternoon Session #1</u>		
1-2:30pm:	Corrective Exercise Integrated Core Training Strength/Power Training	<i>Cutting Edge</i>
2:30pm:	Post-Workout Recovery Nutrition Post-Workout Cool-Down/Static Stretch	<i>Cutting Edge</i>
<u>Afternoon Session #2</u>		
3-4pm:	Wonderlic Prep Workshop	<i>Cutting Edge</i>
4-6pm:	Treatment / Massage (If Necessary)	<i>TBD</i>
6:00pm:	Dinner	
8:30pm:	Evening Snack	

- TECHNICAL/ ON-FIELD COACHING -



Bill Cunerty, Football Specialist, began his coaching career at Saddleback College in 1980 after serving as the Head Football Coach at his alma mater, North Torrance High School (1974), Dana Hills High School (1975-76), and Capistrano Valley High School (1977-79). His record as a high school coach was 41- 13 and he coached the South team to a 23-21 victory in the 1979 Orange County All-Star game.

Bill was the Offensive Coordinator for the Saddleback College football team for fourteen years before becoming the head football coach in 1995. During his years as an assistant coach the Gauchos won 11 conference championships, two National Championships, and seven bowl games. During the three years he served as the head football coach at Saddleback, Bill's teams were 27-5, won two Mission Conference Championships, two bowl victories, and the 1996 National Championship. Bill was named National Community College Coach of the Year by the NCAA after the 1996 season. He retired from football after the 1997 season after a second bout with colon cancer.

Bill has coached 5 All-American quarterbacks and 7 All-American receivers at Saddleback College and he has trained players for the NFL Combine for the past seven years while working for Athletes Performance Institute. He founded the West Coast Passing School in 1983 with Mike Holmgren and Jim Fassel where he has coached hundreds of young quarterbacks and receivers over the past 23 years. Nine of those players had careers in the NFL.

Bill has also coached men's golf at Saddleback since 1982 including 23 conference championship teams in 25 years while winning 5 California State Championships. He has coached the Saddleback women's golf team to 6 conference championships in 8 years including a State Championship in 2003. He was recently recognized by the Commission On Athletics of the California Community Colleges as the only person in history to win state championships as a head coach in three different sports (men's golf -1983-85-89-94-96, football -1996, and women's golf -2003). Including the title his women's golf team recently won, Bill has now coached 42 conference championship teams in his 25 years at Saddleback College.

Bill Cunerty was inducted into the Orange County Sports Hall of Fame in 1998 and he was inducted into the California Community College Golf Hall of Fame in 1999. He has served on the Southern California Golf Association Board of Directors since 1994 and was President in 2005. Bill has been the color commentator for the COX 3 football Game of the Week for the past 20 years.

Athletes Trained under the tutelage of Coach Cunerty:

Roy Williams	Texas	Cowboys
Jerricho Cotchery	North Carolina State	Jets
Carlos Francis	Texas Tech	Raiders
Mike Karney	Arizona State	Rams
Rashaun Woods	Oklahoma State	49ers
Jeff Rowe	Nevada	Seahawks
Gino Guidugli	Cincinnati	NFL Europe
Paul Smith	Tulsa	Jaguars
Mercedes Lewis	UCLA	Jaguars
Dominic Byrd	USC	Rams
Legadu Naanee	Boise State	Chargers
Danny Southwick	Utah	Raiders
Jordan Kent	Oregon	Seahawks
Ben Patrick	Delaware	Cardinals
Austin Collie	BYU	Colts
Isaiah Stanback	Washington	Cowboys/Patriots
Tatum Bell	Oklahoma State	Broncos
Maurice Price	Charleston	Chiefs
Junior Taylor	UCLA	Rams

- SPORTS MEDICINE -



Dustin Glass, Chiropractor, received a Bachelor of Science Degree in Exercise Physiology and Minor in Human Nutrition from California State University, Chico. He then received a Doctorate of Chiropractic Degree from Palmer College of Chiropractic. Dr. Glass is also an **Active Release Techniques® Certified Provider** for the upper extremities, lower extremities, and the spine. Dr. Glass has been involved in the Arena Football League for several years; three of which he volunteered his time to assist the athletic trainers and sports medicine staff of the San Jose Sabercats and the LA Avengers. In January 2004, he became the Team Chiropractor and Active Release Techniques® Provider for the LA Avengers.



Joe Donohue, Physical Therapist, received his Bachelor of Science degree in Physical Therapy from California State University, Long Beach in 1986. While playing football at CSULB as a four year starting linebacker and team captain, Joe received numerous awards on and off the field, including being a two-time Academic All-American and one of eleven student athletes nationwide to receive the NCAA post-graduate scholarship. Joe then signed a free-agent contract with the Oakland Invaders of the now non-existent USFL. After the USFL folded, he resumed his studies in physical therapy, and then founded **ProSport Physical Therapy** in May 1993. During the past 12 years in practice, Joe also has strong ties in the athletic community, providing athletic training and physical therapy services for local high schools such as Mater Dei, Corona Del Mar, Rancho Santa Margarita and Sage Hill, as well professional teams such as the Anaheim Storm Indoor Lacrosse team, and the Mighty Ducks of Anaheim, serving as team Physical Therapist.



Randy Bauer, Physical Therapist, A.T.C., provides rehabilitation of sports-related injuries to athletes of all levels (high school, club, collegiate, professionals, and to those with active pursuits). He has practiced physical therapy since 1987 in south Orange County after completing his training at the Mayo Clinic. Randy is a well respected therapist by the medical community for his work with the spine, knee, and shoulder injuries. He utilizes the manual skills of mobilization and PNF (proprioceptive neuromuscular facilitation) techniques along with the application of sport-specific strength and conditioning to facilitate the recovery from injury and the return to competition.

- ORTHOPEDIC PHYSICIAN -



Bill Schobert, M.D., raised and educated in Southern California, has specialized in the treatment of athletic injuries exclusively since 1990. He is well known for his expertise in arthroscopic surgery of the shoulder and knee. He is a member of the American Orthopedic Society for Sports Medicine and the Arthroscopy Association of North America. He is a Phi Beta Kappa, Summa Cum Laude graduate of the University of California, Irvine in Biological Sciences as well as a graduate of the UC Irvine Medical School and Orthopedic Residency Program.

His professional teaching has spanned nearly twenty years. Patients of Dr. Schobert include athletes from all major professional sports as well as Olympic and X games medalists. He is in a private solo practice in

Mission Viejo exclusively treating athletes with difficult sports injuries of the knee and shoulder, most of whom have had failed treatment elsewhere.

- SPORTS NUTRITION -



Kristy Richardson, MS, MPH, RD, CSSD is a Registered Dietitian specializing in sports nutrition and weight management. A graduate of Cal Poly San Luis Obispo with a Bachelor's degree in Nutrition, she also holds a Master's degree in Community Health from UCLA and a Master's degree in Exercise Science from Cal State Fullerton. Kristy is a board certified specialist in sports dietetics and is certified in adult weight management through the American Dietetic Association. She has taught Nutrition, Health, and Exercise Physiology courses at various colleges throughout southern California, including UC Irvine, Cal State Fullerton, and many others. Kristy is a member of the American Dietetic Association and the American

College of Sports Medicine, and has served as president of the Orange County District of the California Dietetic Association and is co-chair for Sports Dietetics USA's Sports Nutrition Mentoring Program.

- SPORTS PSYCHOLOGY -



Dr. Casey Cooper, Licensed Psychologist, received her Masters in Marriage, Family and Child Counseling and her Ph.D. in Counseling Psychology with Sports Specialization from USC. A former athlete herself, she has the training and background to meet the needs of competitive athletes, as well as athletes who are transitioning out of sports. All athletes will get educational tips and instruction for the Wonderlich IQ exam, media/interview training, and preparation for the emotional stress of the Combine and Pro Day events.

- MASSAGE THERAPY -



Lauren McCoy, Massage Therapist, grew up an avid soccer player and workout enthusiast. After finishing her general education and receiving her EMT license at Orange Coast Community College, Lauren then decided to pursue her passion for healing others by attending massage therapy school at California College of Physical Arts in Huntington Beach, CA where she there earned her Massage Therapists license in 2002. Lauren works and has worked on some of the top action sports athletes such as motocross star Ivan Tedesco, surfers Kelly Slater, Rob Machado, and Sunny Garcia, UFC Fighters Tito Ortiz, Quinton “Rampage” Jackson, Renato “Babalu” Sobral.

- YOGA INSTRUCTION -



Laura Schneider, has been a student of yoga for the past 8 years and acquired her teacher certification in March 2003 from Dianne Harman of Wellness Encounters. Laura completed a second certification in December 2003 with Erich Schiffman. Being that Laura comes from a very athletic background in kick-boxing, running and biking, she is passionate about offering classes where one can blend his/her athletic capabilities with the beauty and philosophy of yoga... "I enjoy offering a class that not only challenges one's endurance and strength, but their spirit and will as well." Laura's classes are powerful, creative and fun. Over the past 4 ½ years, Laura has established herself as a respected member of the Orange County yoga community, and a much sought after teacher.

- ADMINISTRATION -



Courtney Hardwick, operations manager and administrative assistant, oversees all client accounts and day-to-day operations of the facility. She also plays a major role is assisting the needs of our professional athlete clientele and working with their agents.

Location:

From the 5 North (coming from San Diego), exit Lake Forest and go right. Make a left on Aspan (2nd stop light). Turn left on Lambert St. and drive straight ahead in the business park to the end and you will see the Cutting Edge sign.

From the 405 or 5 South (coming from L.A.), exit Lake Forest and go Left. Proceed across freeway bridge and make a left on Aspan (3rd stop light). Turn left on Lambert St. and drive straight ahead in the business park to the end and you will see the Cutting Edge sign.



Local Hotels:

(Discounted Corporate Rates for CE Clients; Please mention *Cutting Edge* when booking)

Comfort Suites

20768 Lake Forest Drive, Lake Forest, Ca 92630

949-900-1288

\$79/night + tax King Single

\$89/night + tax King Single

\$99/night + tax Queen Double

“SMART SUITES” w/ 32 inch LCD HD TV/free internet

(8 min from CE)



Holiday Inn (Brand New and Very Nice)

23131 Lake Center Drive, Lake Forest, Ca 92630

949-455-7000

\$109/night + tax Single or Double Occupancy

\$119/night + tax w/Breakfast

\$119/night + tax Executive Suite

\$129/night + tax Executive Suite w/Breakfast

(2 min from CE)



Local Apartments:

IAC Suites (Corporate and Furnished Apts.)

1-800-422-5177

Air Transportation:

Orange County John Wayne Airport

Ontario International Airport

Los Angeles International Airport

(15 min from CE)

(60 min from CE)

(60 min from CE)

Ground Transportation:

Enterprise Rent-A-Car

Advantage Rent-A-Car

949-855-2966

949-465-0400

Pricing:

Please contact Todd Norman directly for information regarding various options and rates.

Facility: 949-586-3343 Ext. 11
Cell: 949-300-5814
Email: todd@CuttingEdgeAthletics.com

Payment/Enrollment Policy:

*All training will be booked on a “first come, first serve” basis. 6 Week Packages will expire after 6 weeks regardless if athlete has not attended all workouts, no exceptions. Further training will require additional payment.

*Guaranteed reservations can be arranged for those who “Pay In Full” in advance.

*All payments for services must be received in advance prior to receiving training and/or services.

*Payment for sports medicine services will be handled separately from those services provided by The Cutting Edge and its contracted consultants. For more information regarding our program or specific questions regarding your situation, please use the following information to contact Todd Norman directly at The Cutting Edge.

Sponsors:

