



# VELOCITY

A Training Center for Offensive  
Linemen, by Offensive Linemen.



# WHO WE ARE

Velocity was founded with one goal in mind, to provide a 360° experience for the Offensive Line Athlete. We created an environment where Offensive Line Athletes can develop the necessary skill to excel on the football field. These movements are reinforced through a strong foundation in strength training and explosive movements. We believe in analyzing and teaching proper body mechanics which puts our athletes in a Bio-Mechanical advantage allowing them to be effective, efficient and safe.



To Learn More Visit - [VtheDay.com](http://VtheDay.com)

# WHAT WE DO



## *Technical Development*

Our Technical Development program is all about maximizing performance on the field through skill development. Backed by a system rooted in Bio-Mechanics, Through our program our athletes gain an edge on the field.



## *Experience*

We have experience with Athletes in 17 different Pro Organizations and 28 Different Collegiate Institutions



## *360° Approach*

We Offer Technical Development, Strength & Conditioning, Prehab/Rehab all in one location.



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# TECHNICAL DEVELOPMENT

## *Technical Development*



Our Technical Development program is all about maximizing performance on the field through skill development. Backed by a system rooted in Bio-Mechanics, Our Programming allows our athletes to gain an edge on the field.



## *F.B.I, Football Intelligence Program*

Through our Pre-Draft Program we will be challenging our athletes mentally with information found in NFL Playbooks to gain a greater understanding of the position and what is required of them to play in the NFL



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# ATHLETE DEVELOPMENT

## *Power Development*

During Draft Prep Each athlete will undergo a Strength program with the intent to increase overall power output. This will allow the athlete to produce more power on the field as well as in the weight room. this will also go hand in hand with a nutritional protocol individually designed for each athlete. This ensures maximum success through the effort in the weight-room.



## *Speed Development*

During The Draft Process the 40, 5-10-5, and L-Drill have become staple events to increase draft stock through Pro-Days and The NFL Combine. Our Certified Speed coaches will prepare you throughout the draft process to decrease times and increase power development on all field events.



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# PARTNERS



## Stretch Dynamics

Stretch Dynamics and Velocity come together to provide the highest quality assisted stretching and chiropractic work to our athletes. This along with cupping and various other recovery techniques allow our athletes to stay recovered and healthy.



## Fresh n Fit

Chef prepared meals from Fresh 'N Fit allow our athletes to stay on top of their nutrition by providing chef prepared meals that use organic ingredients whenever possible with grass fed/finished, pasture raised meats, wild caught seafood and cage-free poultry that is GMO and antibiotic free to supply our athletes nutrition goals.



## Cryo Revive

Cryo Revive allows our athletes to use cutting edge Cryotherapy for recovery and rehabilitation through the use of their state of the art system.



**NORTHSIDE HOSPITAL**  
**ORTHOPEDIC INSTITUTE**

**SPORTS MEDICINE**

## Northside Hospital Sports Medicine

Fellowship-trained sports medicine physicians offers expert services for the diagnosis, treatment and prevention of all sports-related injuries. We focus on helping you reach your health and fitness goals, but also reach your peak athletic performance.

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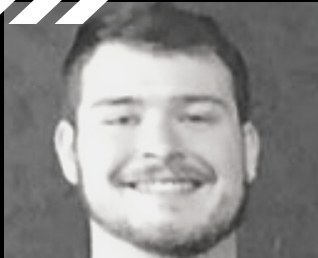


# THE TEAM



**Josh Richardson**

Owner/President



**Luke Schultheiss**

Director of Player  
Development



**Xavier  
Pendergrass**

Defensive Lineman  
Technician

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# Contact Us

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www.VtheDay.com



Velocity Football



Velocity Football



Velocity\_Football



Velocity\_FB

## Future Facility

7200 sq ft. Facility. Construction has Begun.

- 1000 sq ft. Office space
- 1700 sq ft. Weight room
- 4500 sq ft. Field space
- Restrooms with showers and lockers

