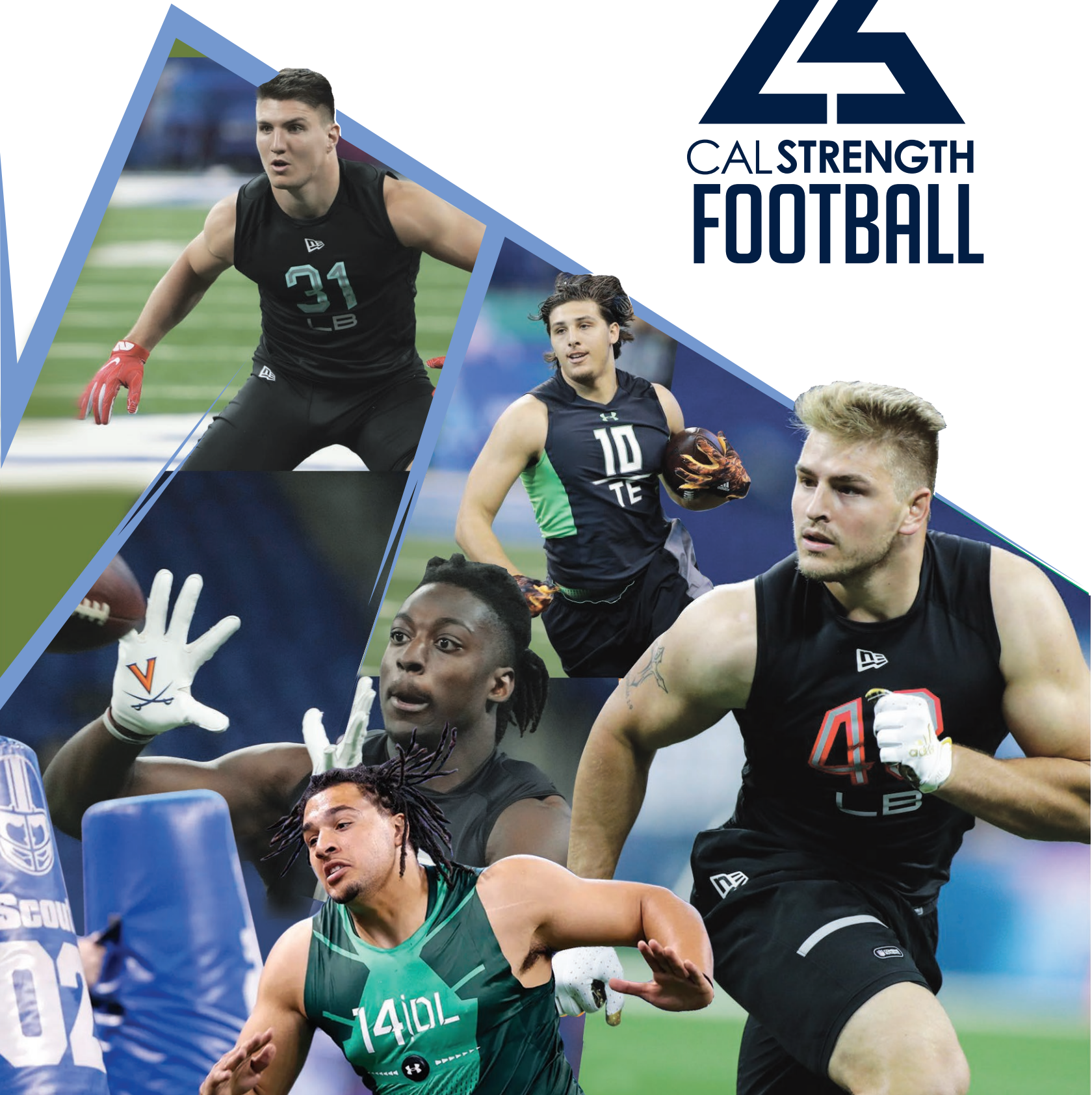




CAL STRENGTH FOOTBALL



2023 COMBINE & PRO DAY TRAINING CAMP



CALIFORNIA STRENGTH

35 NFL DRAFT PICKS & COUNTING

California Strength is dedicated to helping you achieve your goals. We customize every experience to meet the needs and objectives of you as a player, athlete and person.

The relationships we form with our athletes transcend the NFL Scouting Combine prep period, in other words our players become a part of the California Strength family for life.

We've built two state-of-the-art facilities and hired the best chefs, coaches & support staff in the business to make sure that you have everything you'll need to be prepared for the Combine, your Pro Day and beyond.



TWO STATE-OF-THE-ART FACILITIES

Experience VIP treatment at two facilities, both within walking distance of each other. California Strength and The Club at Los Gatos have partnered to provide a one-stop-shop and upscale training experience with all of the amenities & tools you need to reach your full potential.



WORLD CLASS AMENITIES

Two Full Size Weight Rooms
Outdoor Pool & Hot Tub
Heated Yoga & Pilates Studio
Cardio Equipment
Private Interview Prep & Film Rooms
Cafe with Smoothies to Order

Deep Tissue Sports Massage
On-Site Physiotherapist & Chiropractic Specialist
Two Sauna's & Cold Plunge
Normatec Compression Systems
Hypervolt Massage Guns



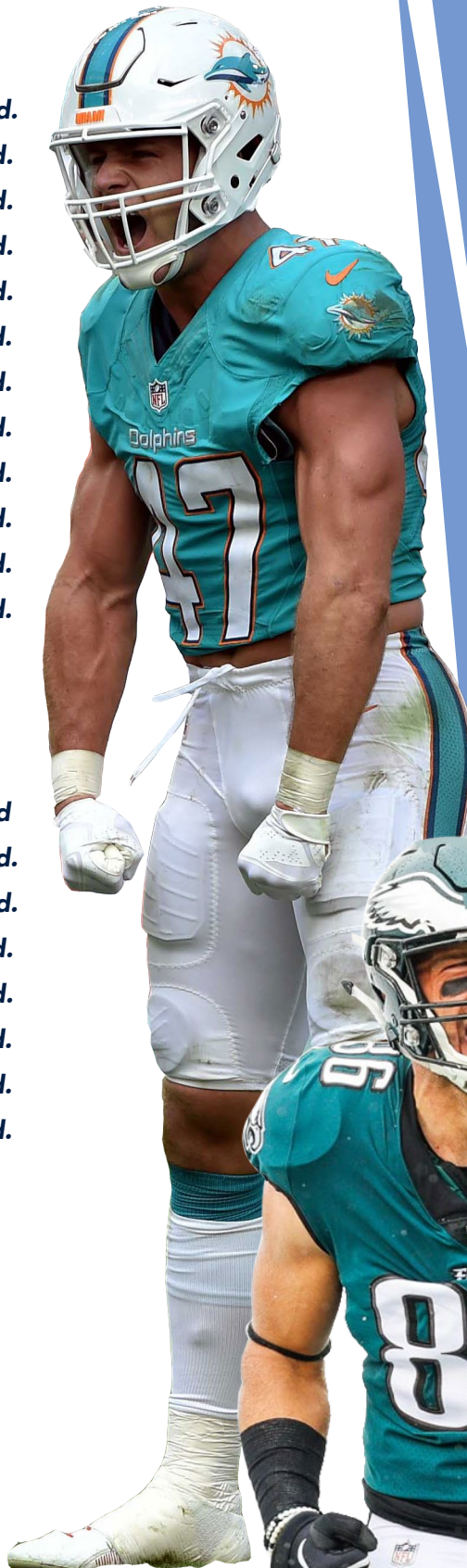
NOTABLE DRAFT PICKS

▶ OFFENSE

<i>Zach Ertz</i>	<i>2nd Rd.</i>
<i>Austin Hooper</i>	<i>3rd Rd.</i>
<i>Devin Asiasi</i>	<i>3rd Rd.</i>
<i>Jelani Woods</i>	<i>3rd Rd.</i>
<i>Greg Dulcich</i>	<i>3rd Rd.</i>
<i>Dalton Schultz</i>	<i>4th Rd.</i>
<i>Colby Parkinson</i>	<i>4th Rd.</i>
<i>Charlie Kolar</i>	<i>4th Rd.</i>
<i>Kaden Smith</i>	<i>6th Rd.</i>
<i>Tyler Gaffney</i>	<i>6th Rd.</i>
<i>Ryan Wallen</i>	<i>6th Rd.</i>
<i>Oli Udoh</i>	<i>6th Rd.</i>

▶ DEFENSE

<i>TJ Ward</i>	<i>2nd Rd.</i>
<i>Kiko Alonso</i>	<i>2nd Rd.</i>
<i>Jordan Richards</i>	<i>2nd Rd.</i>
<i>Oren Burks</i>	<i>3rd Rd.</i>
<i>Logan Wilson</i>	<i>3rd Rd.</i>
<i>Derrick Barnes</i>	<i>4th Rd.</i>
<i>Jordan Tripp</i>	<i>5th Rd.</i>
<i>Casey Toohill</i>	<i>7th Rd.</i>





CASEY TOO HILL

40-yd Dash: Baseline 4.98 vs Combine 4.61
Short Shuttle: 4.21
3-Cone Drill: 7.08
Broad Jump: 126" (10.5ft)
Vertical Jump: 39"

▶ Received an Athleticism Score of a 99
Tied for 1st at 2020 NFL Combine w/Isaiah Simmons

OREN BURKS

40-yd Dash: 4.59
Short Shuttle: 4.15
3-Cone Drill: 6.89

▶ Scout projected 4th-6th Rd.
Drafted in the 3rd Rd. | Pick 88.



LOGAN WILSON

40-yd Dash: Baseline 4.98 vs Combine 4.63
Short Shuttle: 4.27
3-Cone Drill: 7.07

▶ Scout Projections: 3-5th Rd. Drafted 3rd Rd. Pick 65



DEVIN ASIASI

40-yd Dash: Baseline 5.21 vs Combine 4.73

▶ Scout Projections: 5-7th Rd. Drafted 3rd Rd. Pick 90



JELANI WOODS

40-yd Dash: Baseline 5.1 vs Combine 4.61

Short Shuttle: 4.22

3-Cone Drill: 6.91

▶ Scout Projections: 5-7th Rd.
Drafted 3rd Rd. Pick 73



DERRICK BARNES

40-yd Dash: Baseline 4.92 vs Pro Day 4.57

▶ Drafted in the 4th Rd. Pick 113



A CUSTOMIZED TRAINING EXPERIENCE

At California Strength, you're not just a number on a clipboard. We bring to bear every possible resource to ensure that your specific needs are met throughout your Pre-Draft preparation period.

Your daily training & recovery protocol is customized by your position, injury history and imbalances. Our small group setting makes it to where you will never have to worry about not having a coach available to you.

Our 2022 Pre-Draft group averaged 40-yd Dash improvement of .35 from baseline testing.

BODY COMPOSITION AND CUSTOM NUTRITION PROTOCOL

You will undergo weekly body composition testing to ensure you look and perform at your best. Your nutrition goals are adjusted weekly and with the help of our private chef, you'll receive custom meals to ensure we stay on track over the prep period.

Our 2022 Combine & Pro Day class averaged a 4.8lb increase in Lean Body Mass while losing an average of 3% Body Fat.



COMBINE SUPPORT

We travel with a full staff to the NFL Scouting Combine, making sure you have everything you need come competition day. From dry runs and guided warm ups, to your supplementation & hydration, we're by your side through the entire process.





NFL OFF-SEASON TRAINING

Our work doesn't stop when the Combine is over. Once Pre-Draft training is complete, you will transition to our NFL Off-Season group to ensure you're ready for your upcoming season.

Linear & Lateral Speed Training
Custom Strength Training Program

Weekly Yoga & Pilates Sessions
On-Site Deep Tissue Massage & Physiotherapy

MEET YOUR TEAM



JOSEPH MAR

U.S. Marine Veteran turned Head Strength & Speed Coach for Cal Strength Football; Joseph has been preparing athletes for the NFL since 2019 and is a Certified Strength & Conditioning Specialist.



SCOTT ESPARZA

Entering his 7th year as Operations Director, Scott helps make your time at California Strength run as smoothly as possible. He is a Certified Strength & Conditioning Specialist.



GABE MARIN

Our Head Massage Therapist, Gabe is a graduate of Saint Mary's College with a degree in kinesiology. This is Gabe's 5th year working with our NFL group and is a certified Massage Therapist as well as an experienced Strength Coach.

DAVE SPITZ

CEO and Founder Dave Spitz holds recognition as one of the few USA Weightlifting Senior International Coaches in the country and is a Certified Strength & Conditioning Specialist. Dave has been preparing athletes for the NFL & beyond since 2010.



TOBE HANSON

Our head Physiotherapist, Tobe has practiced for over 36 years and is an expert in releasing pain & restoring function.

**MAKE THE TRANSITION FROM WORKING FOR A COACH,
TO HAVING A COACH WHO WORKS FOR YOU.**

To reserve your housing and spot in our 2023 Combine & Pro Day
Training Camp, please get in touch as soon as possible:

INFO@CALFORNIASTRENGTH.COM
(925) 552-7958

