



PREPARING FOOTBALL PLAYERS FOR THE NEXT LEVEL



THE COMPLETE GUIDE:

Recruiting | Nutrition | Performance | Football



The Athletic Academy

Table of Contents

| | | | |
|-----------|--------------------|-------|---------|
| 01 | About Us | _____ | Page 3 |
| 02 | Recruiting | _____ | Page 4 |
| 03 | Nutrition | _____ | Page 10 |
| 04 | Performance | _____ | Page 16 |
| 05 | Football | _____ | Page 22 |
| 06 | Next Steps | _____ | Page 28 |



About Us



Meet the Creators

The Athletic Academy

The creators of The Athletic Academy have been in your shoes before, and have experienced the recruiting journey from both sides. Our team consists of former college football players and coaches. We understand the specific tactics that are needed to prepare yourself for the next level and navigate the recruiting process.

Our main goal is to provide content, so athletes of today can have the proper knowledge, guidance, and can avoid making mistakes that keep them from reaching their full potential. We are so excited to be a part of this growth and we look forward to being your biggest fans!

We invite you to follow us on social media where we provide daily tips and information on the current football and recruiting landscape!



[@Ath_Dynasty](https://twitter.com/Ath_Dynasty)



[The Athletic Academy](https://www.linkedin.com/company/the-athletic-academy)



[@Ath_Dynasty](https://www.instagram.com/Ath_Dynasty)



[@AthleticAcademyDynasty](https://www.facebook.com/AthleticAcademyDynasty)





THE ATHLETIC ACADEMY

RECRUITING



Introduction

Tens of thousands of kids each year have the dream of playing collegiate athletics. Quite frankly, only a fraction of this number will go on to play at the next level.

Here at the Athletic Academy, we understand the recruiting process and the frustrations it may bring for athletes and their families. Also, we understand that recruiting can be a big time commitment and a confusing process. That's where we come in!

- When does the college recruiting process start?
- When are college coaches allowed to talk to me?
- What channels of communication can be used to talk to college coaches?
- What schools should I start reaching out to?



The Recruiting Library

It is important to understand the basics of the recruiting process, the recruiting calendar and other recruiting terms necessary to best present yourself to college coaches.

Recruiting Terminology

Contact: Any time a college coach says more than 'hello' to a prospective student athlete or his parents outside of the college campus counts as a contact

Evaluation: Any time a college coach observes a prospective student athlete practicing or competing

Official visit: Any visit to a college campus by a prospective student athlete or parents that is paid for by the college

Unofficial visit: Any visit to college campuses that are paid for by the student athlete or parents

The Recruiting Calendar

The Recruiting Calendar promotes the well-being of prospective student-athletes and coaches and ensures competitive equity by defining certain time periods in which recruiting may or may not occur in a particular sport. For the full NCAA calendar, [click here](#).

NCAA Eligibility Requirements

Division 1 & Division 2 athletes who want to compete, receive scholarships or financial aid will need to take very specific steps and meet the criteria set out by the NCAA Academic Guidelines.

Researching Schools

The amount of options can be overwhelming. However, understanding your abilities and setting realistic expectations can drastically narrow your search. Follow certain guidelines to help you create a list of schools.





Recruiting

Communicating with College Coaches

Social Media 101

The following are tips and guidelines to help you with your social media profiles during the recruiting process.

- Make your profile Public!
- Use your real name.
- Promote yourself.
- Connect, Connect, Connect!
- Be appropriate.

Talking with Coaches

The important part of this section is being PROACTIVE. Staying ahead of the game and getting your name out there to college coaches.

- Develop a strong relationship with your HS coach.
- Reach out to specific colleges.
- Understand the best times to talk.
- Personalize your messages.



How to Walk On

There are different ways to make a college football team that don't involve receiving a scholarship or any financial aid.

Differences between a walk on and preferred walk on?

Preferred: Guaranteed a spot on the team and will be treated like any of the scholarship athletes the first day on campus.

Walk On – Recruited: The staff knows who you are and you already have a name they recognize, but you still have to make the team at the try out.

Walk On – Not Recruited: Similarly, you will need to try out and there is no guarantee you will have a spot on the team.

Life as a walk-on

Life as a walk on can be difficult for those that aren't willing to grind and put in the work. However, there are awesome benefits, and you are given the satisfaction of knowing you have earned your spot on a college team. Although this route can be grueling, it will all be worth it when you make the team.





Let's talk recruiting!

This can be a lot of information to soak in! That's why here, at The Athletic Academy, we provide services to help you throughout your journey, and give you expert advice on gaining exposure.

- Researching Schools and Creating a List
- Social Media Strategy
- Communicating with College Coaches
- Planning for Official and Unofficial Visits to Schools

FREE CONSULTATION



2

THE ATHLETIC ACADEMY

NUTRITION

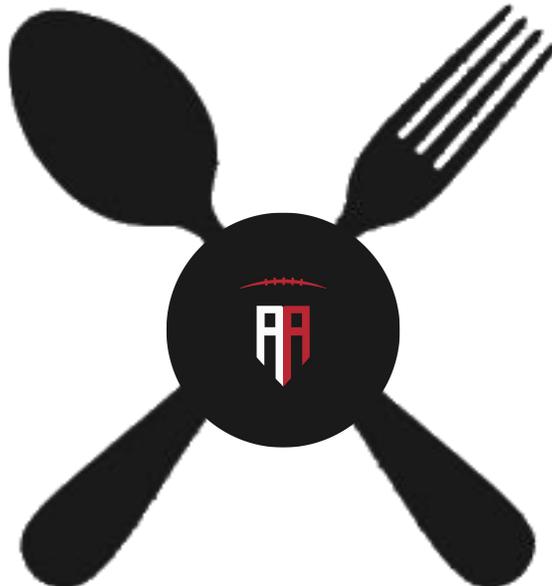


Introduction

Athlete nutrition is crucial for development. If you aren't confident about nutrition knowledge, don't worry. This section starts with the basics and will even provide performance focused, protein packed meal examples to build muscle.

Satisfying nutritional needs is essential for making gains in strength and performance goals, overall energy levels, immune system functioning, and hormonal balance.

- What are some basic nutritional concepts to get me started on a plan?
- How do I know what foods to buy at the store?
- What supplements should I take to make gains?
- What are some great easy protein packed meals?



Nutrition 101

There are 6 essential nutrients vital for human growth and producing energy.

Carbs: Serve as the body's preferred energy source and help to defend against fatigue and exhaustion.

- Fruits, vegetables, beans, potatoes, rice, nuts, and whole grains.

Protein: The main nutrient responsible for building muscle mass.

- Fish, beans, chicken, lean steak, eggs, yogurt, and other dairy products low in fat.

Fats: Fats protect our nerves and skeleton. Additionally they allow other nutrients to function properly.

- Avocado, salmon, dark chocolate, nuts, and mainly other unsaturated fats.

Vitamins: Used in many processes to keep the body healthy and disease free.

- Vitamins are classified as either water soluble (B vitamins and vitamin C) or fat soluble (vitamins A, D, E, and K).

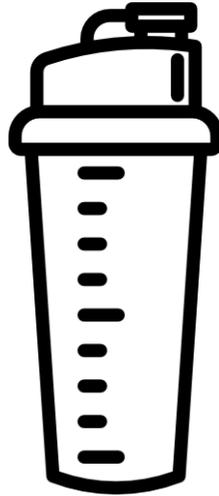
Minerals: Assist in bodily functions and repairs.

- Major minerals (calcium, sodium, potassium, chloride, phosphorus, magnesium, and sulfur) and trace minerals (iron, zinc, copper, selenium, iodine, fluoride, molybdenum, and manganese).

Water: The most vital nutrient for the body.

- Plain water, juices, milk, coffee, tea, and other beverages, as well as watery foods such as fruits, vegetables, and soups.





Nutrition

Pre and Post Workout Information

Pre-Workout

It is important to get meals in well before your workout so your body is fueled and ready to go. Make sure you are tapping into carbs and proteins for almost every meal. Aim to have these meals 2-4 hours before your workout.

- Banana and other fruits
- Whole grain toast and peanut butter
- Oatmeal or Dry Cereal
- Protein bar

Post-Workout

You are exhausted, your heart rate is up, you are usually more thirsty than you are hungry, and that's ok! Get those fluids in ASAP. Make sure you have a simple post workout snack ready to go that has a power protein and carb punch.

- Toast with eggs
- Greek yogurt with nuts
- Lean chicken and rice
- Protein shake and fruit



Sample Nutrition Template

This meal template is excellent for early strength development in young and growing athletes.

Day 1 Sample

- **Meal:** 3 eggs, handful of almonds, 1 avocado, 1 greek yogurt
- **Post-workout:** 1 shake
- **Meal:** 1 turkey burger with veggies prepared to your preference OR 1 chicken breast cooked to your preference
- **Snack:** 2 protein pancakes with PB
- **Meal:** Sliced sweet potatoes, cooked to your preference, 1 12-16 oz. steak with mixed veggies.
- 1 Last meal shake 30 min before bed.

Day 2 Sample

- **Meal:** 4 eggs (2 egg white, 2 with yolk), 1 banana, quest/cliff bar, 1 slice of bread with PB
- **Post-workout:** 1 shake
- **Meal:** 2 breasts of chicken with veggies and quinoa
- **Snack:** 2 Protein Pancakes (with PB and/or sugar free syrup – if desired)
- **Meal:** 2 cod/tilapia filets, spaghetti squash, mixed veggies, ½ apple
- 1 Last meal shake 30 min before bed.





Let's talk nutrition!

This can be a lot of information to soak in! That's why here, at The Athletic Academy, we provide services to help you gain a better understanding of nutrition and how it can help you reach your goals.

- Intro to Nutritional Concepts
- Grocery Shopping 101
- Pre and Post Workout Information
- Meet With a Certified Sports Nutritionist

FREE CONSULTATION



www.AthDynasty.com



THE ATHLETIC ACADEMY

PERFORMANCE

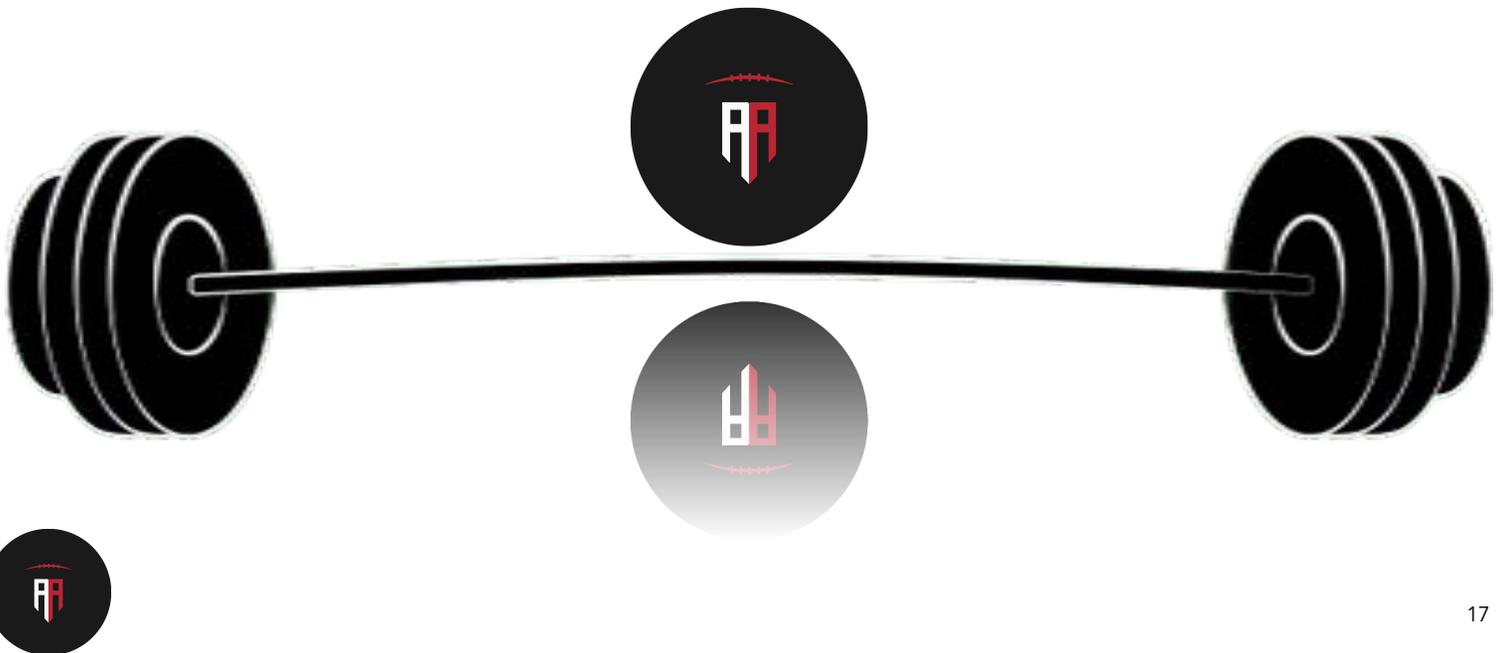


Introduction

Athletic training and sports-specific performance coaching have become a vital part in the development of young athletes.

It provides a foundation for safe, efficient, and powerful growth in the weight room, facility, or out on the field. Our goal is to provide insight for those seeking a baseline knowledge in performance training. In addition, linking our visitors with some of the premiere athletic performance coaches and trainers in the country.

- What are some basic lifts to do to increase strength?
- How can I improve my speed and agility?
- What are some workouts that I can do at home?
- How do I warm my body up for a workout?



The Performance Library

An elite athlete's performance exists of a strong foundation of the following principles.

Strength: The performance of physical exercises which are designed to increase muscle mass.

- Exercises targeted to increase muscle and ligament strength and toughness.
- Provides improvement in overall health and well-being.

Speed: It's just not how fast someone can run, it is based on acceleration, maximum speed, and speed maintenance.

- Speed resistance training can help in acceleration.
- Running also improves the long term stability of our bones.

Flexibility: Helps to remove body aches and pains.

- Brings energy to the joints with lubrication.
- Can help prevent and avoid significant injury.

Endurance: The ability to push through physical pressure on the body over time.

- Remain competitive when being pushed to your limits.
- Mid-season training programs.
- Off-season training programs.

Sleep: Rest is essential to achieve optimal performance.

- Sleep 8-10 hours so the body can recover.
- Sleep environment: A dark room, supportive mattress, and a cool temperature is ideal.
- Quick naps are important especially before competition.

Hydration: Water maintains blood volume, is involved in muscle contractions, and regulates body temperature.

- We sweat while working out to maintain optimal body temperature.
- Consuming liquids replenishes the fluids lost during exercise.





Performance

How to Warm-Up

A dynamic warm-up routine should be performed prior to activity to prepare the body for the demands of a workout. Dynamic movements are the best way to prepare your body for workouts.

Advantages

A dynamic warm-up routine does not take any more time than the more traditional stretching method, but is much more focused, effective, and productive. Since your warm-up routine sets the tone for the entire workout, these are the qualities you should be looking for.

After every workout, you should follow a total body static stretching series.

- Increases core body temperature and blood flow to muscles
- Enhances muscle elasticity and lubricates joints
- Increases heart rate and respiratory rate, which is the body's preparation for the demands of a workout
- It prepares the muscles and joints in a more sport-specific manner than static stretching
- It enhances coordination and motor ability and revs up the nervous system



Sample Performance Template

This workout template is excellent for early strength development in young and growing athletes. Start with a dynamic warm-up.

Day 1: Legs

(2 warm up sets of light back squat)

- 4 sets back squat
- 3 sets of straight bar RDLs
- 3 sets of body weight squats
- 4 sets of calf raises
- 4 sets of leg press
- 2 sets of front squats
- 2 sets of light split squats
- 3 rounds of 1 min planks (side, side, straight)
- 3 rounds of 45 seconds weighted abs – 25 lb plate

Day 2: Chest

(2 warm up sets of light incline bench)

- 4 sets of incline bench
- 4 sets of DB incline flys
- 4 sets of cable flys
- 4 sets of narrow incline DB press
- 4 sets straight bar shoulder press
- 2 sets light DB bench
- 2 sets heavy DB bench
- 3 sets flat back barbell bench (Normal bench press)
- 3 rounds of 1 min leg raises

Perform the lifts in the same color as super sets.





Let's talk performance!

This can be a lot of information to soak in! That's why here, at The Athletic Academy, we provide services to help you gain a better understanding of athletic performance and how it can help you reach your goals.

- Intro to Performance
- Understand the Best Program For You
- Strength and Speed Programs
- Recovery and Taking Care of Your Body

FREE CONSULTATION



www.AthDynasty.com



THE ATHLETIC ACADEMY

FOOTBALL



Introduction

Great football players carry a unique set of skills. Also, becoming a great player does not happen overnight. The athlete must be dedicated and committed to improving his craft.

To become a better football player you must take the necessary steps: practicing like you play, working hard in the offseason, being a student of the game, and mastering the techniques at your specific position.

- What are some drills I can do to improve at my position?
- How can I learn about the game of football more?
- What kinds of things should I be looking for when I watch film?
- How do I make an excellent highlight tape to showcase my abilities?



Becoming a Complete Player

To become the best player you can be, you have to prepare yourself on and off the field.

Position Drills: This is how you get better at your position. Mastering position-specific drills directly translates to discipline and performance on the field.

- Cone drills, bag drills, ladders, ball drills, sleds, etc.
- 1 on 1 drills to improve competition.

Watching Film: A serious player will watch film to help him learn the game and correct mistakes.

- Learn the opponent.
- Understand schemes and concepts.
- Self-correction and evaluation.

Football Knowledge: Dedicated football players will become football junkies.

- Watch NFL and NCAA games on TV.
- Pull up YouTube games or clips and study your specific position.

Highlight Films: These play a crucial role in any student athlete wanting to get recognized by a college coach. In order to stand out from the rest, your highlight film needs to be HIGH quality.

Prepare for Camps: College football camps, combines and showcases are a great opportunity for young players to compete against each other and catch the attention of college scouts.

- Prepare for combine drills: 40 yard dash, shuttle, vertical, etc.
- Prepare for 1 on 1's.
- Be ready to compete!

Consistency: You can't just expect to work half of the year. If you want to see major improvement, you have to be consistent!

- Set goals for yourself.
- Surround yourself with teammates and others that also want to get better.





Football

What to Look for in a Prospect

College football coaches look for overall skills and certain specifications when evaluating high school prospects. A typical college football player has the following skills and characteristics.

| | |
|-----------------------|---------------------------|
| Speed | Mental toughness |
| Agility | Physical toughness |
| Quickness | Durability |
| Strength | Leadership |
| Balance | Consistency |
| Aggressiveness | Communication |
| Intelligence | Maturity |



Highlight Film School

College coaches are looking for a very specific skill set when they recruit players. They inspect every detail when evaluating your highlight tape!

GRAB ATTENTION: Start your highlight film with your top plays! You want to grab the coach's attention immediately

BE LEAN AND MEAN: Choose only the best clips for your tape that are "highlight-worthy". Your highlight tape should be roughly 3-5 minutes long.

SPEED MATTERS: Coaches want to see that you can RUN! The biggest change from high school football to college football is the SPEED OF THE GAME.

IDENTIFY YOURSELF BEFORE THE PLAY: Don't waste the coach's time by having them search for you on the football field.

CHANGE OF DIRECTION: Sure, straight line top speed is great. However, change of direction and acceleration is even better!

NO SPECIAL EFFECTS: Don't go overboard with special effects. It adds no value to yourself as a football player.

TRIM YOUR TAPE: Coaches want to see from right before the snap of the ball, to when the tackle is made.

DISPLAY CONTACT INFORMATION: Very important! College coaches want to see information at the beginning of your tape so they can contact you if they become interested.





Let's talk football!

This can be a lot of information to soak in! That's why here, at The Athletic Academy, we provide services to help you gain a better understanding of football knowledge and how it can help you reach your goals.

- Provide Position-Specific Drills
- Understanding How to Watch Film
- Basic Football Knowledge and Concepts
- Building a Quality Highlight Film

FREE CONSULTATION



www.AthDynasty.com

Next Steps



Do you have a plan?

The Athletic Academy

The Athletic Academy serves as a one-stop shop for football players looking to prepare and expose themselves for the next level.

By working with us, you get the opportunity to gather all of the information you need from one expert source. Also, we promise a personalized experience, and a custom built program that is tailored towards YOUR goals.

Are you interested in learning more about our custom plans? Schedule a FREE call with one of our coaches.

FREE CONSULTATION



[@Ath_Dynasty](https://twitter.com/Ath_Dynasty)



[The Athletic Academy](https://www.linkedin.com/company/the-athletic-academy)



[@Ath_Dynasty](https://www.instagram.com/Ath_Dynasty)



[@AthleticAcademyDynasty](https://www.facebook.com/AthleticAcademyDynasty)

