



# The Huntsville Times

## D1 Sports offers taste of NFL life

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Prep athletes can take part in free combine today

High school athletes eager to see what goes on at an NFL combine can get first-hand experience today at the D1 Sports Training Facility.

PrepChamps Inc., in association with Reebok, will sponsor the event, which will get under way at 10 a.m. Admission is free.

"We want this place to be full of high school kids," said Corey Remillard, the D1 Sports facility coordinator in Huntsville. "We realize this time of year could be tough, given that some kids are likely on vacation, but we're going to take kids all the way up to the starting time.

"We will run the event much like the NFL does in Indianapolis. We're going to set up each station and show the kids how to do it. It will be a first-class event and the kids will get an idea of what it's like to participate in a real combine."

Check-in will begin at 9 a.m. Participants will be measured for height, weight and reach. Head shots will also be taken.

The skills portion of the combine will consist of six stations, including vertical jump, bench press, 40-yard dash, broad jump, pro agility and L-drill (3-cone drill). Athletes will be broken into six groups and rotate through the stations.

Player-specific drills for offensive and defensive players will be conducted for about an hour.

"The combines that we have put together are among the best I have seen in the entire country," said Kevin Fitzgerald, one of the country's most respected strength coaches, who has worked at Florida State, Notre Dame and Vanderbilt. "There is no reason every elite athlete in the country looking to get notice shouldn't participate in one of these combines."

For more information, contact Remillard at 256-880-1717 or go to [d1sportstraining.com](http://d1sportstraining.com).

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