



NFL COMBINE
X PRE DRAFT 26
TRAINING PROGRAM

ROCK OFFICIAL



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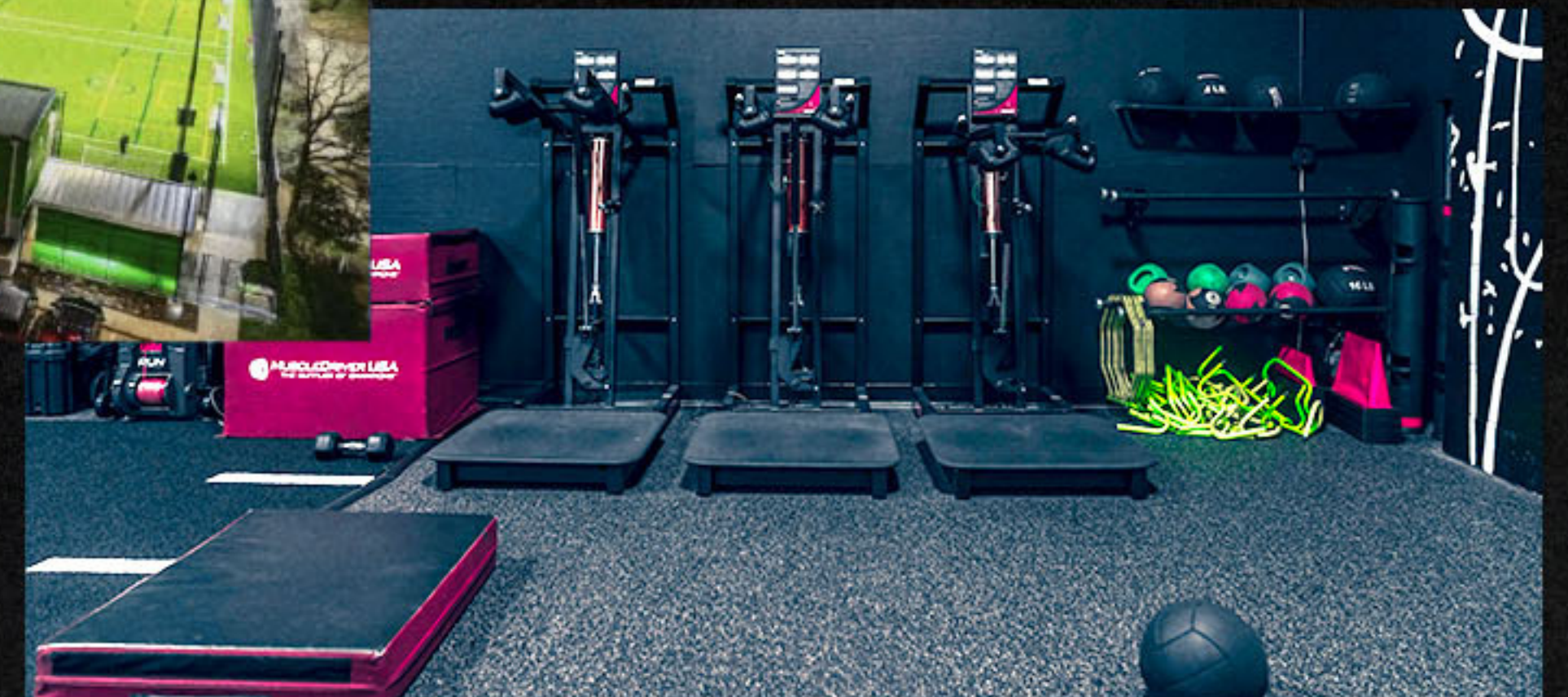
CONTACT US

ABOUT APE FITNESS & PERFORMANCE

Located in the heart of the DFW Metroplex in Grapevine, Texas, APE Fitness & Performance is a premier destination for college athletes looking to take their game to the next level.

We are dedicated to delivering the highest standard in training, nutrition, and recovery—ensuring our athletes have every tool they need to perform at their peak.

Our NFL Combine & Pre-Draft Training Program is built to unlock your full potential by combining cutting-edge training methods, elite facilities, and unmatched expertise. Backed by a committed team that goes all-in for our athletes, we are relentless in our mission to help you excel on and off the field.



ELITE SPEED HIGHLIGHTS

Rock has helped athletes reach their full speed potential to ensure they are ready for the biggest day of their lives!



Kendall Paul

4.27



Devone Achane

4.34



Trey Palmer

4.33



AD Mitchell

4.35



Malik Nabers

4.35



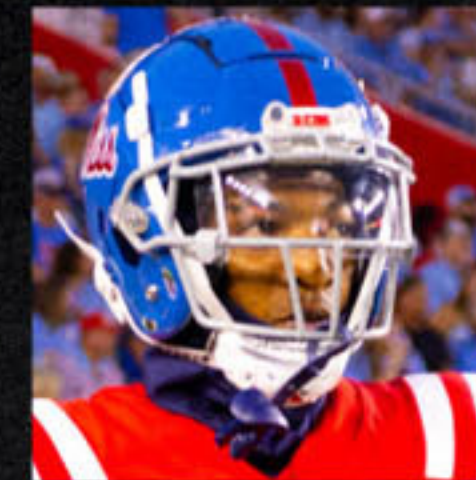
Jordan Watkins

4.37



Jaylen Wright

4.38



Deantre Prince

4.39

BY THE NUMBERS

40 YARD DASH

Deantre Prince 4.69 to 4.38

Byron Murphy 5.10 to 4.88

Dwight McGlothern 4.70 – 4.48

AD Mitchell 4.66 to 4.34

Marshawn Lloyd 4.67 – 4.46

Maason Smith 5.40 – 5.04

BROAD JUMP

Josh Newton 9' 3" to 10' 3"

Ryan Watts 9' 8" to 10' 2"

Jaylen Wright 10' 3" to 10' 8"

L – DRILL

Ryan Watts 7.05 to 6.82

SHUTTLE

Myles Haden 4.41 to 3.98

FASTEST IN 2024 AND COMBINE

Mike Sainristil 4.32 to 4.01

2ND FASTEST IN 2024 COMBINE





PERFORMANCE STAFF

CHRISTIAN “ROCK” VAN BUREN

DIRECTOR OF COMBINE TRAINING

I have extensive experience preparing elite athletes to succeed at the highest levels. As a performance specialist I've worked with NFL, MLB, and NBA athletes, with a particular focus on multidirectional speed, explosive power, and NFL Combine and Pro Day preparation. Over my career, I've coached and developed more than 100 professional and elite athletes, collaborating with top organizations such as EXOS and D1 Training, and serving as a consultant for agents and teams during the NFL Draft process.

My approach as Director of Combine Training at APE, centers on helping athletes consistently perform under the most demanding conditions by combining sport science, individualized programming, and a holistic philosophy— especially targeting speed development for maximum on-field impact.

CHRIS BRAINARD

EXECUTIVE DIRECTOR OF PERFORMANCE

With over a decade of experience in high-performance training, I have dedicated my career to helping athletes maximize their potential on and off the field, working with athletes at every level to develop programs that emphasize strength, speed, power, and long-term performance.

I've specialized in NFL Combine and Pre-Draft training, guiding top prospects through one of the most critical stages of their careers with an athlete-first approach that ensures individualized attention, while also working closely with athletes and their agents to create clear communication and strategic alignment that sets them up for long-term success.



MARSHALL BENNETT

ELITE PERFORMANCE COACH

With over a decade of experience in strength and conditioning, I've worked across both the collegiate and private sectors, helping athletes maximize their performance on and off the field.

Since 2017, I've specialized in NFL Combine and Pro Day preparation, guiding athletes through every phase of the process—whether it's performance development in the weight room and on the turf, or navigating conversations with scouts and decision-makers. My approach blends high-level training with an understanding of the business side of the game, allowing me to prepare athletes not just to improve their measurable metrics, but to position themselves for success at the next level.



KATHRYN KOIRTYOHANN

DIRECTOR OF SPORTS SCIENCE

As the Director of Sport Science at APE, I approach performance training with a holistic, data-informed mindset. I integrate technology, testing, and evidence-based strategies to guide decision-making in both the weight room and on the turf.

Since entering the industry in 2023, I've supported elite athletes across the NFL, Team USA Swimming, MLB, and multiple NFL Combine Draft Classes, using sport science to bridge the gap between training and performance. With a background in NFL Combine and Pro Day preparation, I focus on leveraging data to keep athletes healthy, maximize measurable outcomes, and prepare them for long-term success at the next level.

ALBERT BROCK

ELITE PERFORMANCE COACH

With over a decade of experience training elite athletes, Albert Brock has built a reputation as one of the nation's premier speed and agility coaches. Through his ABX Speed School, he has developed more than 1,000 athletes, including over 250 college standouts and 70+ professionals across football, basketball, and track.

Albert's client roster includes some of the most recognizable names in sports: Arch Manning (Texas Longhorns), Leonard Fournette, Ja'Marr Chase, Deion Jones, and the nation's top high school running back, Harlem Barry. He has also coached a linebacker who posted an eye-popping 4.38 in the 40-yard dash, exemplifying his ability to maximize raw athletic potential.



SPORTS PERFORMANCE

NOTABLE ALUMNI

2025

Derrick "DJ" Harmon 1st RD

James Pearce Jr 1st RD

2024

Malik Nabers 1st RD

Brock Bowers 1st RD

Byron Murphy 1st RD

Graham Barton 1st RD

Olu Fanashu 1st RD

Amarius Mims 1st RD

Jared Verse 1st RD

2023

Will Anderson 1st RD

Devon Witherspoon 1st RD

Tyree Wilson 1st RD

Quintin Johnston 1st RD

Peter Skoronksi 1st RD

Calijah Kancey 1st RD

2022

Evan Neal 1st RD

Charles Cross 1st RD

Trevor Penning 1st RD

2020

Javon Kinlaw 1st RD



**EVERYTHING AN
ATHLETE NEEDS
TO PERFORM AT
A HIGH LEVEL**

SPEED TEAM

Our elite speed training staff uses a combination of data and specific testing to identify each athlete's individual weaknesses and then builds a personalized plan to improve their speed. Our team is dedicated to teaching you the proper techniques to ensure you excel at the 40 yard dash, 3 Cone drill & 20 yard Shuttle.



POWER & STRENGTH TEAM

Our highly skilled strength team will evaluate and analyze your strength and power capabilities using the latest sport science technology. This will allow us to see deeper into each athlete and what their strengths and weaknesses are and what will be the best approach for them moving forward.

Over the course of the program, athletes will see noticeable improvement in upper body and lower body strength as well as an increase in power/explosiveness.



HEALTH & MEDICAL

Upon arriving each athlete will undergo a full body medical evaluation by our doctor, nutritionist, and physical therapy team.

Upon Arriving each athlete will receive a Orthopedic Evaluation, Physical Therapy Evaluation, Post Season Injury Rehabilitation, Post Surgical Rehabilitation

SERVICE INCLUDED

- Dry Needling
- Cryotherapy
- Red Light Therapy
- Cupping
- Shockwave Therapy



NUTRITION

APE Fitness & Performance offers cutting-edge performance nutrition programs that play a crucial role in our NFL Combine & Pre Draft Program.

Our nutrition team creates science-based, personalized plans to help athletes build muscle, manage weight, and reduce body fat while preserving strength.

Our program includes pre and post workout nutrition, supplementation and on-site meals to help optimize athletes recovery and performance.



ELITE RECOVERY

Our recovery partnerships allow our athletes to get access to elite methods. Each combine athlete will receive unlimited access to:

- Normatech Leg Sleeves
- Hyperbarric chamber
- Vitamin IV Therapy
- Cryo Therapy
- Infrared Sauna
- Massage Therapy





ELITE SKILLS COACHES

BRANDON TUCKER

DEFENSIVE LINE

Founder, CEO & Lead Defensive Line Trainer, with 15+ years developing hundreds of linemen. Supported 100+ NFL Combine athletes, including 18 First Round Picks in last 5 years. Creator of 'The 3 W Training System' – What, When, Why

Proven Results:

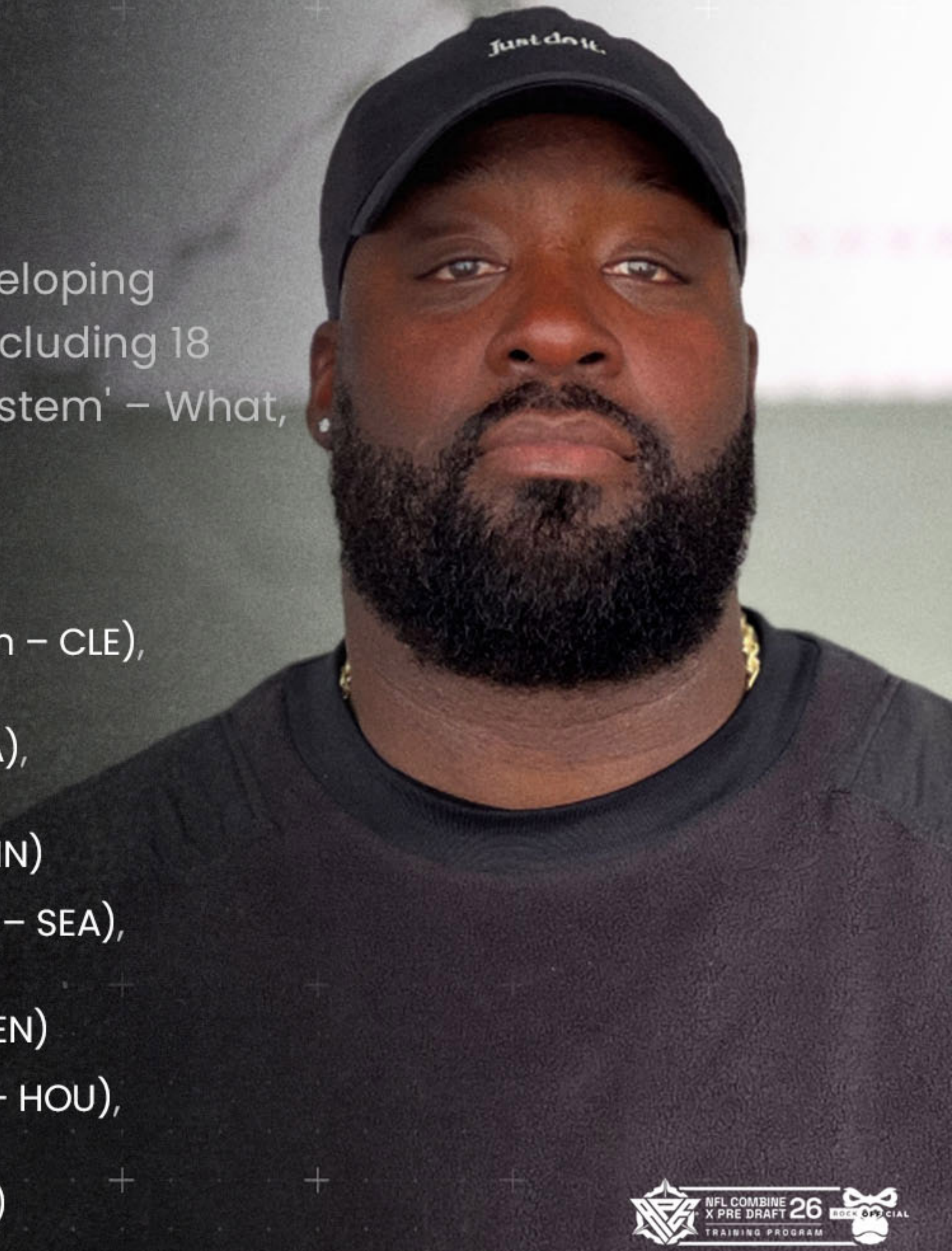
- 200+ Trained Pro Players
- 1100 Scholarships Awarded
- 125+ Current Clients (MS, HS, College)

Notable Pros Trained:

Travon Walker, Jermaine Johnson II, George Karlaftis, Montez Sweat, Solomon Thomas, Will Anderson DeMarcus Lawrence, Byron Murphy, Kenneth Grant, and many more

NFL Draft Success:

- **2025:** Mason Graham (5th – CLE), Mykel Williams (11th – SF), Kenneth Grant (13th – MIA), Jalon Walker (15th – ATL), Shemar Stewart (17th – CIN)
- **2024:** Byron Murphy (16th – SEA), Jared Verse (19th – LAR), T'Vondre Sweat (38th – TEN)
- **2023:** Will Anderson (3rd – HOU), Tyree Wilson (7th – LV), Calijah Kancey (19th – TB)



CHRIS GIVENS

WIDE RECEIVERS

He played wide receiver professionally for five years before retiring in 2017. Since then, he has dedicated his career to training receivers at every level—from high school athletes to NFL veterans. He has been leading combine preparation since 2020, ensuring each athlete he works with enters the process fully prepared and confident.

Having personally gone through the NFL Combine and Pro Day experience, he brings a unique perspective on what it takes to perform at the highest level. He has had the privilege of working with elite talents such as Ja'Marr Chase, Rondale Moore, Tylan Wallace, Treylon Burks, Calvin Austin, Cedric Tillman, Marvin Mims, Malik Nabers, AD Mitchell, among many others.

When you place your client in his hands, you can be confident they'll receive the expertise, preparation, and mentorship necessary to maximize their opportunity.



JOSH HICKS

RUNNING BACKS

With over a decade of experience preparing running backs for the NFL Combine and Draft, he has built a proven reputation for developing top-tier talent. His training has produced some of the league's premier players, including Chuba Hubbard, Ezekiel Elliott, Travis Etienne, Bijan Robinson, Kenneth Walker, Melvin Gordon, and Leonard Fournette. Combine 2025, he coached 11 running backs for the NFL Combine, including Omarion Hampton, Quinshon Judkins, Trevor Etienne, Dylan Sampson, and Tahj Brooks.

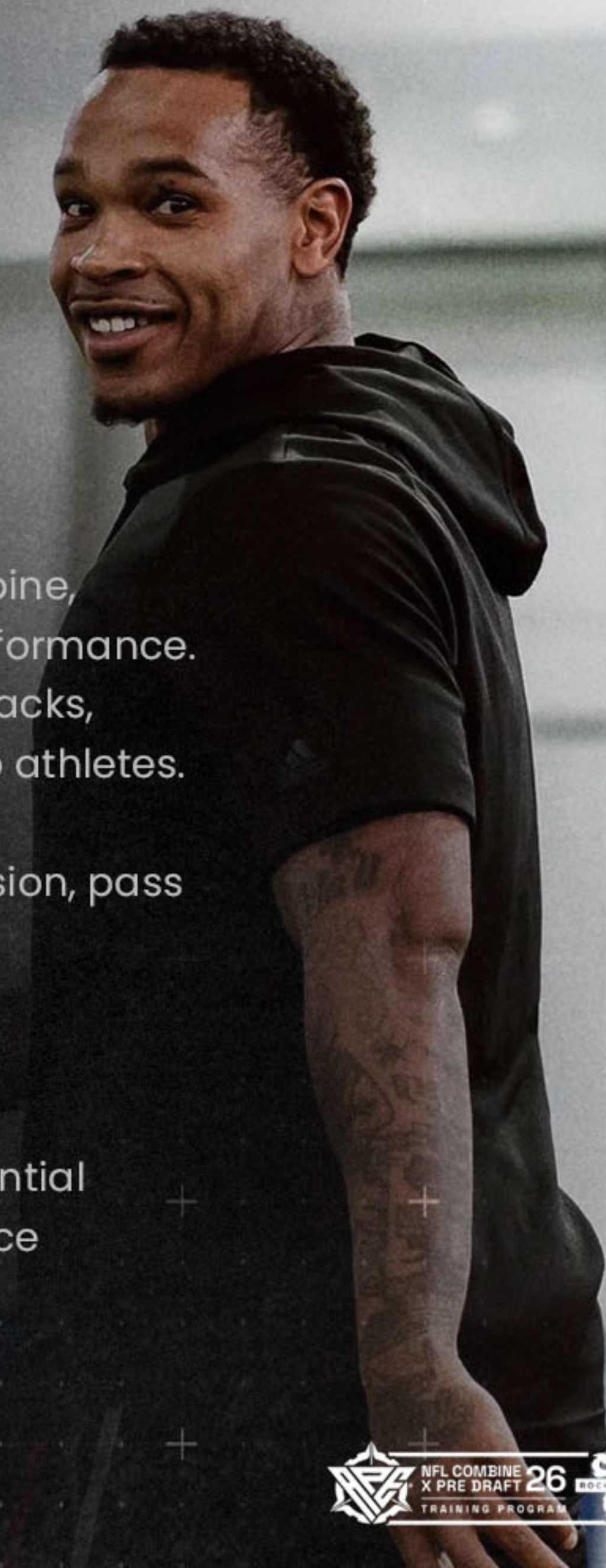
His approach blends advanced speed, agility, and position-specific technique with game intelligence and durability strategies—ensuring athletes enter the league physically prepared, technically sharp, and mentally confident.

Coaching & Training Experience

NFL Pre-Draft Running Back Trainer

Dallas, TX | 2014 – Present

- Trained and prepared elite collegiate running backs for the NFL Draft & Combine, consistently boosting draft stock & performance.
- Coached a premier roster of running backs, including multiple Pro Bowlers & All-Pro athletes.
- Designed advanced training systems emphasizing acceleration, footwork, vision, pass protection, & overall durability.
- Integrated film study and situational breakdowns to sharpen football IQ and decision-making.
- Recognized for maximizing player potential through personalized, high-performance development programs.

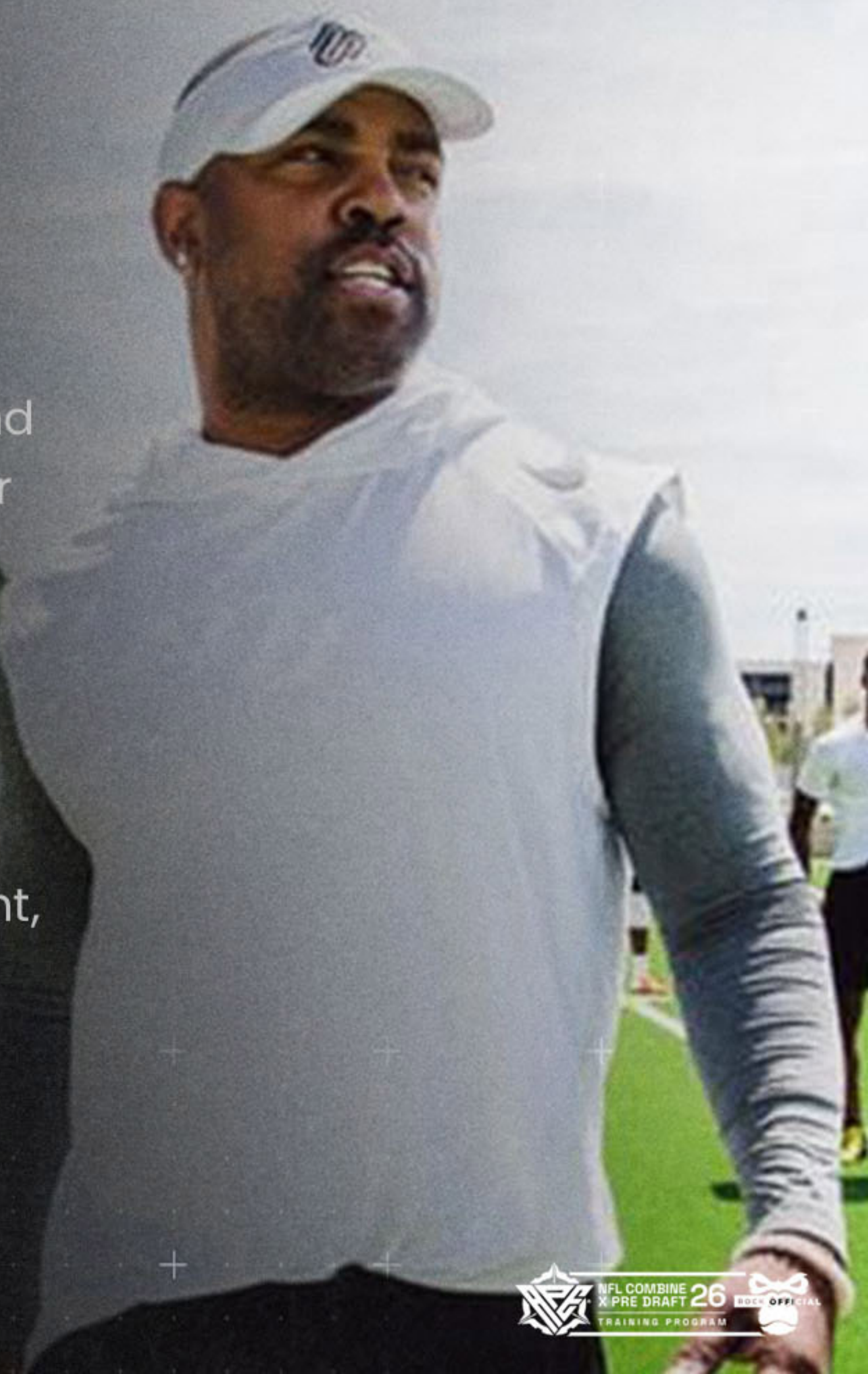


CLAY MACK

DEFENSIVE BACKS

An athletic skill consultant, specializing in functional movement, kinetics and biomechanics for Defensive Backs and Linebackers. His innovative, applied science approach to movement is trendsetting and adaptable, no matter the sport or position. Clay has been sought after to work with multiple high profile athletes throughout the country.

While he has worked with multiple first round draft picks, Pro Bowlers and Super Bowl champs, he also trains athletes who are not as highly touted to further develop skills for the next level. Having a keen eye for detail and exceptional understanding of the functionality of movement, has garnered Clay the reputation as an industry leader in the genre. Such prowess is the reason Clay Mack continues to be highly sought after in the NFL Combine pre-draft training process, as well as throughout many top athletes' football careers.



ANTOINE TAYLOR

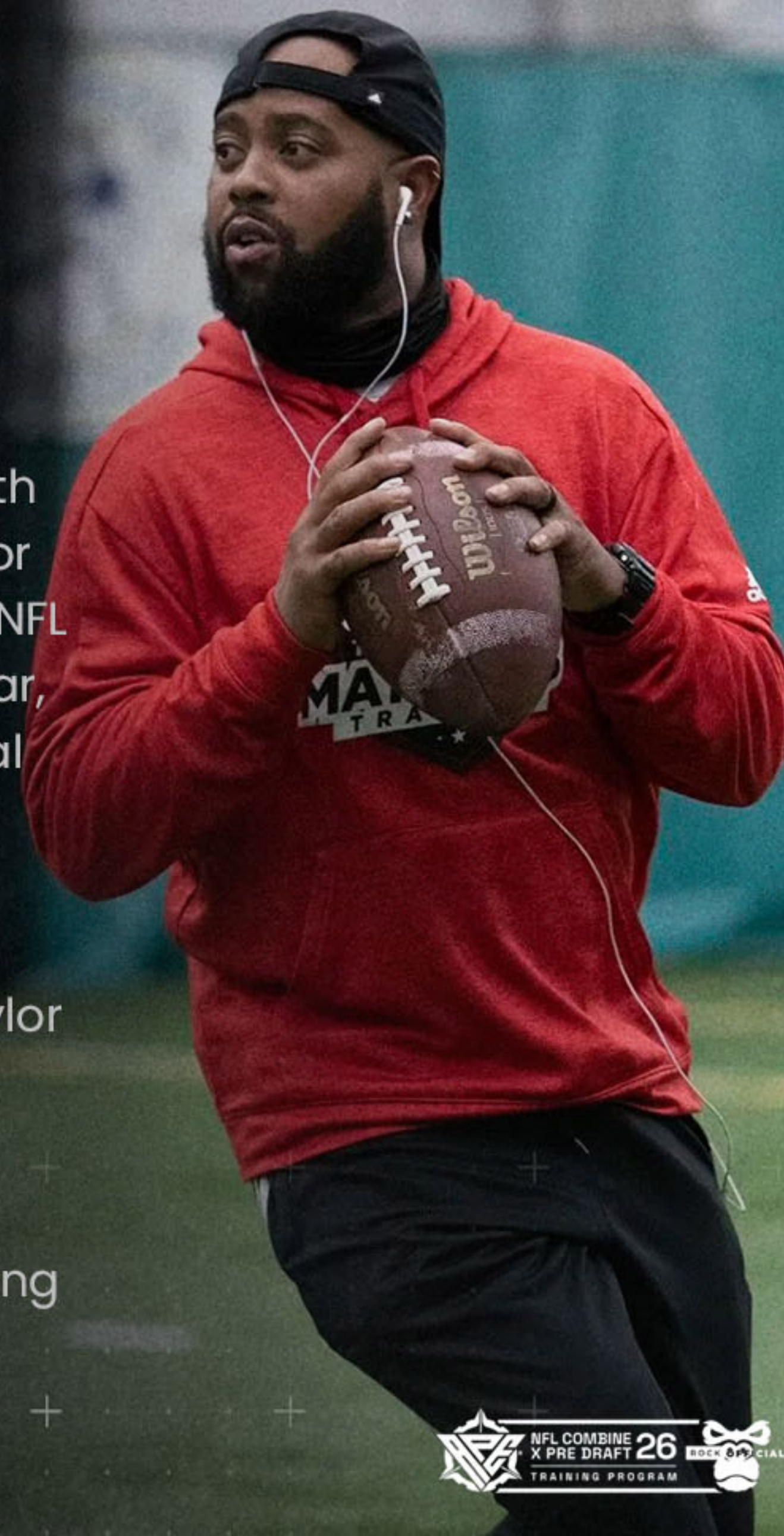
QUARTERBACK

Regarded by some of the best football minds active in today's game as an offensive guru and the best kept secret when it comes to QB Development. Due to his rich philosophy & his psychology background, his holistic approach to playing, developing, and coaching the position he coined the phrase "Quarterback is not a position, it's a Lifestyle!"

As a player, Taylor was an All-American in College for USF (University of Saint Francis) and led the Nation's most potent college offense at any level of College Football, averaging over 600 yds per game. After playing 6 years professional Arena/Indoor football Taylor retired to discover his purpose and calling to develop rising Quarterbacks to master the art of the position.

Taylor spent his first 10 years working with an athlete development company (TractionAP formerly Athletes with Purpose) that was responsible for training and developing over 10 NFL stars, 2 National Player of the year, 100's of College athletes, National champions, and 2 Super Bowl champions.

Prior to joining the APE team, Taylor founded his QB development Master curriculum Matrix QB Training and has traveled the country educating and developing Quarterbacks at all levels.

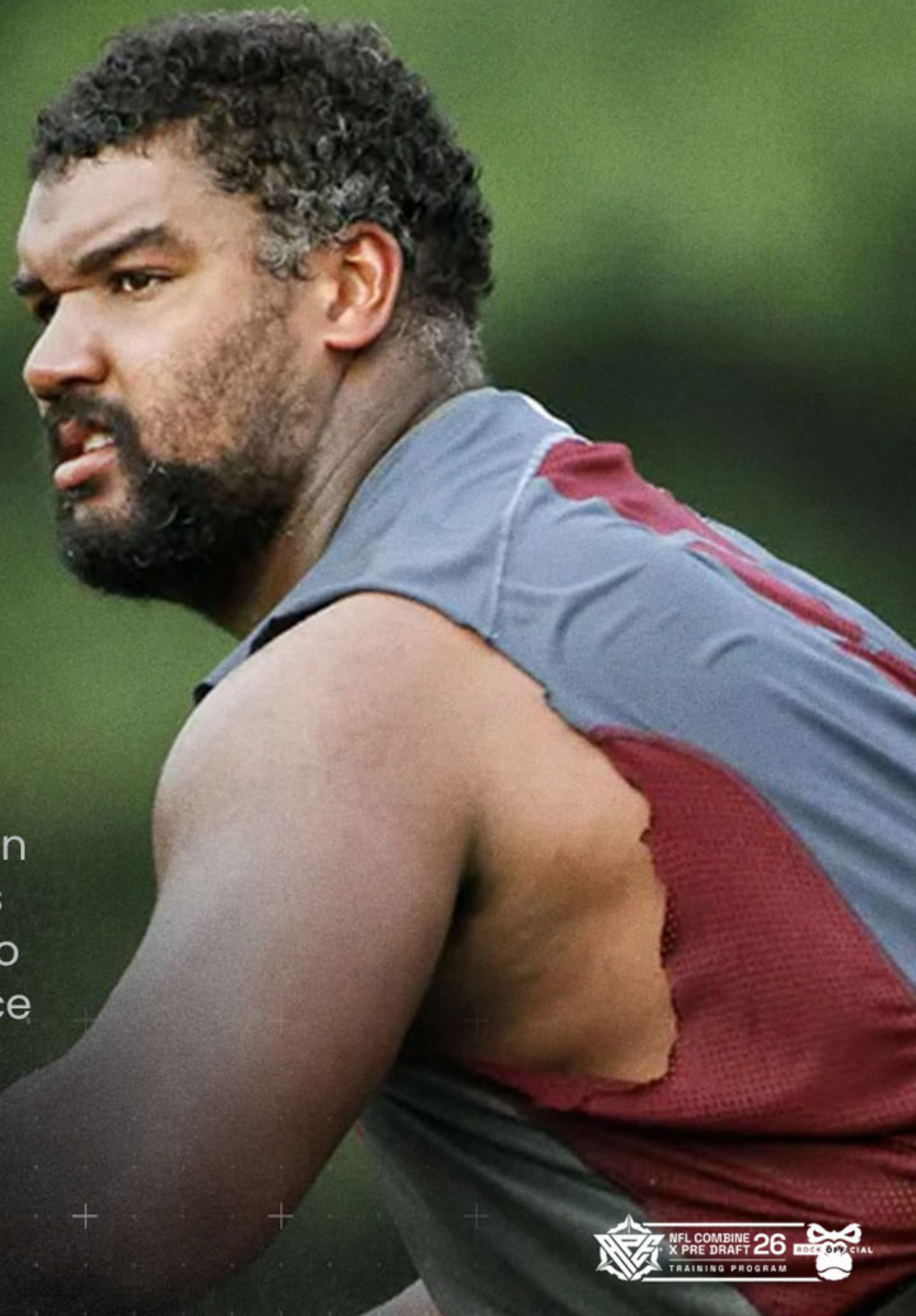


CHRIS CHESTER

OFFENSIVE LINE

Originally from Tustin, California. Chris played college football at the University of Oklahoma before being selected in the 2nd round of the 2006 NFL Draft, 56th overall. Over 11 NFL seasons, Chris started 147 games (including 10 playoff starts) and still hold one of the fastest 40-yard dash times ever recorded by an offensive lineman (4.87). His career was shaped by hard work, consistency, and the guidance of legendary coaches, including Mike Shanahan, Brian Billick, John Harbaugh, Kyle Shanahan, and Sean McVay.

Today, he brings that experience to coaching the next generation of athletes. His approach blends hands-on development with Xs and Os, film study, and chalkboard teaching to build players who not only understand the game but can execute it with confidence and discipline. He emphasizes fundamentals, brotherhood, and mental toughness to prepare athletes for success on the field and in life.



APE FITNESS & PERFORMANCE AT INDY

Our team will provide elite level care for our athletes to ensure they're optimizing their opportunity. We will be in attendance at combine, to assist in planning our athletes preparation leading up to their event schedule.

We will bring our entire combine prep staff to the NFL Combine:

Combine Coaches
Massage therapists
Physical Therapist



ACCOMMODATIONS

Homewood Suites in North Grapevine is about 8 minutes away from facilities.
1 Bed 1 Bath Option as well as 2 Bed 2 Bath Options
both with kitchenette.





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X PRE DRAFT 26**

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FOR MORE INFORMATION, PLEASE CONTACT:

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