



TRIPLE F OL AND TE NFL COMBINE TRAINING



**LEE
SMITH**

**DRAFTED 2011
11 SEASONS IN THE NFL**

"The Offensive line position is the unicorn in this process. These guys need to be taught how to play the position at the NFL level, not look pretty running in underwear."



**JON
FELICIANO**

**DRAFTED 2015
STARTER SUPER BOWL LVIII**

"The NFL has changed so much throughout my 10 year career. I'm excited to share my knowledge and experience with these guys. I'm Most excited to use my resources as a current player to help get their careers started off on the right foot!"



**RODNEY
HUDSON**

**DRAFTED 2011
3X PRO BOWLER**

"The Schedule for NFL players has been dialed back so much. In consequence, the OLine position is the one that becomes most negatively affected when it comes to development as a young player. There just aren't enough reps anymore. These 8-12 weeks of combine training cannot be wasted and gives us an opportunity to get these guys prepared to play in the NFL."





TRIPLE F OL AND TE NFL COMBINE TRAINING



**RICH
BURNETT**

DIRECTOR OF ATHLETIC DEVELOPMENT
MS, SCCC, CSCS, CAFS, APCC



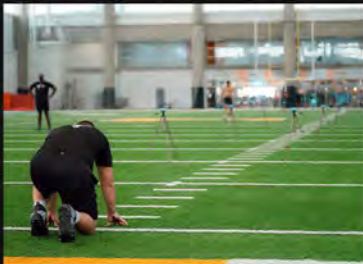
**TAYLOR
COMFORT**

DIRECTOR OF SPORTS MEDICINE
PT, DPT, OCS, SCS, CSCS, CERT CMFA



**MATT
MCINNES WATSON**

DIRECTOR OF SPEED TRAINING
MSc



"I wouldn't be where I am today without Triple F. Very thankful for Lee and the TF crew for not only prepping me for the NFL but teaching me how to be a man, father, and Christian."

ROBBIE OUZTS | TE | SEATTLE SEAHAWKS



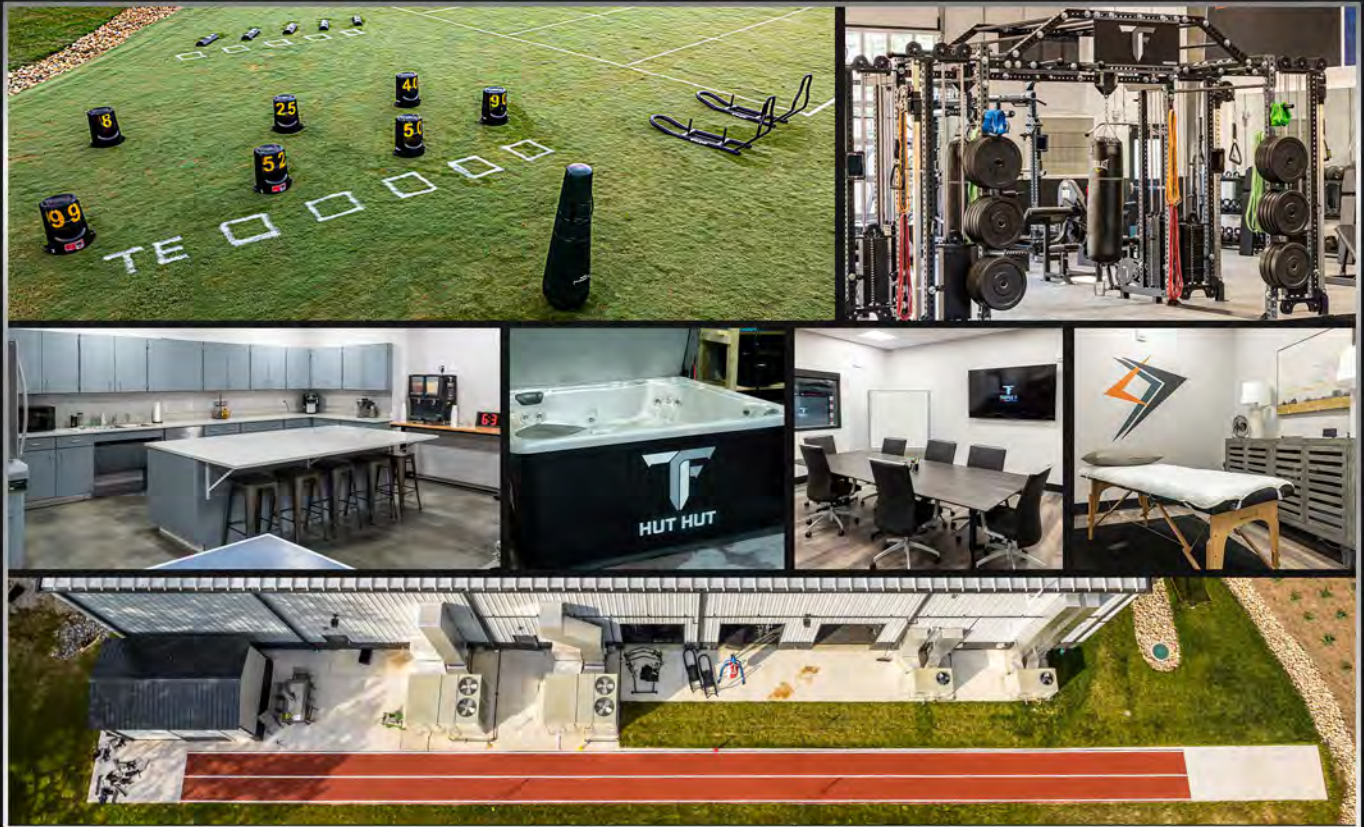
"I could write a book describing how Triple F impacted everything that makes me a man and a football player. From the top notch facility to the great staff and amazing owner. The experiences and challenges helped me improve and reach a goal. While I was there I was surrounded daily with everything I needed to help me improve physically, spiritually and emotionally."

TRAVIS GLOVER | OL | GREEN BAY PACKERS



TRIPLE F FACILITY

12,000 SQ FT CUSTOM BUILT LIKE THE NFL



"Rodney was a great center. He had great athletic ability and play strength but his leadership, preparation and communication skills made him the ideal center for any offense."

JON GRUDEN | SUPER BOWL WINNING COACH



"Lee is one tough SOB! The best thing about Lee is that he knew he had to be a pro on and off the field or his career would be over before it even started. He is a no nonsense straightforward person which is something I think is hard to find these days. Many people are more worried about their feelings than the truth of what they do well and most importantly the areas they need to improve in. If you want the truth for yourself or for your client then Lee will be a great fit to get prepared for the Combine and an NFL rookie season."

BRANDON BEANE | GENERAL MANAGER | THE BUFFALO BILLS



"Jon Feliciano embodied the ideal OL mentality! He was tough, smart and dependable! He was mentally tough and it showed in his physically tough play style. He was smart and could solve problems with his football IQ. He was dependable, his teammates and coaches knew exactly what they were getting to get from him every practice and every game. He worked hard to create a 10 year career for himself! Jon was a great teammate, he was a guy you wanted in the 'foxhole' when it was time to go to battle!"

BOBBY JOHNSON | O'LINE COACH | WASHINGTON COMMANDERS



TRIPLE F CLASS OF 2025



OVERALL

+4.8LBS AVERAGE LEAN MASS GAIN
-2.2% AVERAGE BODY FAT % CHANGE
AVERAGE OF **28% INCREASE** IN RAS SCORE
.20S AVERAGE DECREASE IN 40YD DASH TIME
+3.7" AVERAGE INCREASE IN VERTICAL JUMP
7-10% IMPROVEMENT IN SHUTTLE AND 3-CONE DRILL
4-8 REP INCREASE IN 225 BENCH PRESS
6 UDFA SIGNINGS FOR A TOTAL OF **\$617,500** OF GUARANTEED MONEY

KEY FACTS

Joe Michalski Fastest Shuttle for all O-Lineman: **4.47s**
CJ James Jr. Fastest 10yd Split for all O-Lineman: **1.65s**
Ben Chukwuma Most guaranteed money for all UDFA's
• *Nigerian native who didn't play American football until 2020 at an open tryout*



ROBBIE OUZTS

TE/FB | ALABAMA

NFL Combine Invite
Drafted 175th pick in the fifth round by Seattle Seahawks
2nd most reps in 225 Bench Press at the Combine with 26
34" Vertical
9'11" Broad Jump
4.45s Shuttle
-4.1% Fat % Change
+8.9lbs Lean Mass Gain



ESA POLE

OT | WASHINGTON STATE

UDFA signed by Kansas City Chiefs
2025 East-West Shrine Bowl - Team East
29" Vertical
5.29s 40yd Dash at 323lbs
8'4" Broad Jump
4.72s Shuttle



TRIPLE F CLASS OF 2025

BEN CHUKWUMA

OL | TAMPA BAY BUCCANEERS



Greg Auman
@gregauman

Two years ago, he had never played in a football game at any level. Now he's on an NFL roster. Meet Bucs rookie tackle Ben Chukwuma, a @GeorgiaStateFB walk-on originally from Nigeria who just got \$300k guaranteed from Tampa Bay. @NFLonFOX



Meet Bucs OL Ben Chukwuma, NFL-bound two years after his first football game

From foxsports.com



"Triple F was more than just a training spot, it was a place that felt like home. I made life long family over there. The fellowship and community kept me motivated, they helped me grow not only as a man but a man of God. The medical team made sure my body was at its best, and the facilities had everything I needed to perform. Even the little things the food, the energy, the people made a huge difference. Triple F helped me prepare mentally and physically, and that played a big role in getting to where I am right now."



TRIPLE F ACCOMODATIONS

ELEVATE



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