



WPI Athletics & Performance Gains



Bowl Preparation

- WPI/Performance Gains one of a kind position specific training – all positions
- Work one on one drills
- Mock Seven on Seven Preparation
- Working with former NFL All-Pro position coaches (Tony Jones, Eric Johnson, Michael Dean Perry and others).
- Film Study of some of past and current NFL players by position.
- 2009 Senior Bowl – WPI/PG send 15 players (14 of 15 on current NFL rosters)
- 2009 Defensive MVP – Robert Ayers
- 3½ of 4 Sacks in the Bowl game from WPI/PG trained players. Ellis Lankster only interception in the game.
- Learn proven NFL technique from former NFL players – get the advantage (All positions)
- Develop first step get off for all positions.

List of 2009 Senior Bowl Players

Nic Harris LB/S	Ron Brace DL
Larry English DL	Greg Carr WR
Ashlee Palmer LB	Cody Brown DL
Ellis Lankster CB	Robert Ayers DL
Vance Walker DL	Corvey Irvin DL
Antone Smith RB	Kyle Moore DL
Coye Francies CB	Zack Follett LB

Ramses Barden WR

“WPI/PG/D-Line U had me so prepared for the one on one drills at the bowl game. All week I feel a step ahead. I went to the facility because it was the place that offer not only combine prep but true football skills training. Working with former NFL players really help me at the Senior Bowl. It was a great experience”

Robert Ayers
SR Bowl MVP

1st Round Pick of Broncos