



Pro Timing Day – General Info

Pro Timing Day is Closed to the General Public

Agents

Each participant is required to provide the name, company and cell phone number of their Agent prior to Pro Day.

Each participant is permitted to have ONE Agent / Representative attend Pro Day. You do not need an entourage! Only participating players may have an Agent in attendance.

Each Agent will register directly with our Compliance Officers in the Varsity Lounge. They will be required to fill out a questionnaire and present a Picture ID. That single Agent will be issued a credential that will allow them access to the on-field portion of the workout. No agents will be permitted in the weight room. *Your agent should avoid contact or conversations with any of our current players!*

Guests

The NCAA strictly prohibits prospective student athletes (9th-12th Graders) or the parents of those prospects to attend an institutional Pro Day.

Example 1: If you have a brother or sister who is of prospect age, they would not be able to attend. Malcolm Smith could not watch Steve Smith work out last year.

Example 2: You would like to invite your Aunt or Uncle to attend. If they have children who are of prospect age, they can not attend.

Each participant is permitted to have a maximum of **4** family members attend. This is for *immediate* family only! Mom, Dad, Grandma or Grandpa. **NO FRIENDS, GIRLFRIENDS, COUSINS, OR USC DONORS!** You will be required to submit the names ahead of time for a **Pass List**- just like you did for the home and away games. Each family member must present a picture ID and check in with Jared at the East Gate of Cromwell Field at 11:00am. Each will receive a credential good for the Bleachers Only. They will not be permitted on the field.

Compliance reserves the right to turn away anyone if they don't meet the above criteria!

USC Students, with a valid USC Picture ID, may attend. They will be required to show the ID at the gate.

Players

All players must check in with Jared in the Varsity Lounge no later than 10:15am! You will be called into the Heritage Hall Auditorium by 11:00am to begin Pro Day.

Contacts

If you, your parents or your agent have ANY questions, please don't hesitate to contact us. We will be in touch this week.

Dennis Slutak	O: (213) 740-4198	C: (213) 725-3141
Jared Blank	O: (213) 740-7780	C: (213) 725-3088
Sara Griffin	O: (213) 740-3832	Compliance Office



Pro-Timing Day Schedule

9am-10:30am	NFL Registration & Film Study (Breakfast) Players & Agents	Galen Cafeteria Varsity Lounge
10:30am	Pete Carroll <ul style="list-style-type: none">• Staff Introduction• Comments About Players / Q & A• Players Questionnaire / Contact Info	Heritage Hall Audit.
11:00am	Player Measurements / Testing <ul style="list-style-type: none">• Height• Weight• Arm Length• Hand Width• Standing Long Jump• Flexibility• Vertical Jump• Bench Press (225 lbs)	Weight Room
11:45am	Running <ul style="list-style-type: none">• 10's / 20's / 40's Agility Drills <ul style="list-style-type: none">• Pro Agility Drill (5-10-5)• 3-Cone Drill• 60-Yard Shuttle (5-10-15) <i>*Skill Positions ONLY</i>	Loker Track Stadium
	Individual Player Workouts	Loker Track Stadium