



# FIVE STAR COMBINE

## FREQUENTLY ASKED QUESTIONS

### 1. What is the Five Star Combine?

The Five Star Combine is the first of its kind to be brought to Bryan/College Station. Hosted by Five Star Performance & Fitness, the Five Star Combine will afford athletes across Texas to get professional, accurate, and verified testing via SmartSpeed Timing Equipment.

Combine will take place:

*March 26, 2022*

*Baker Field, Allen Academy, Bryan, TX*

*10AM - 2PM*

### 2. What is SmartSpeed?

SmartSpeed Timing Equipment is afforded through our partnership with VALD Performance. SmartSpeed is a laser timing gate that provides accurate and reliable data collection. Accuracy is a non-negotiable when provided data to scouts. SmartSpeed technology utilizes a single beam system as well as Error Correction Processing (ECP) to ensure the most accurate data. SmartSpeed is currently being utilized by 80+ Universities, 50+ Olympic Committees and National Institutions including USA Track & Field, the NFL, MLB, NBA, and many more professional organizations.

### 3. What drills will be conducted?

Athletes will be tested in the following drills:

- 40 YD Dash
- Pro-Agility
- L-Drill
- Vertical Jump
- Broad Jump

\*There will be no football specific drills being conducted.

#### **4. Will I have access to my times and film?**

All athletes will be given access to their measurements, times, and raw filming of the event. Athletes who purchase an Athlete Profile will have their results and performance put into a PDF format and emailed.

#### **5. What is an Athlete Profile?**

The Athlete Profile is a readily available, easily accessible PDF; complete with all metrics gathered at the Five Star Combine, hyperlinks to athlete highlights of their performance at the event, and a detailed scouting report on their performance. This profile makes it easy for coaches, and scouts, to access as you navigate the recruiting process.

#### **6. How do I register for the Five Star Combine? Athlete Profile?**

To register for the Five Star Combine

- 1) visit [www.5star-performance.com](http://www.5star-performance.com)
- 2) Scroll to the bottom and click "Register"
- 3) Purchase Ticket (Only Athletes need to purchase a ticket)

To purchase the Athlete Profile (Optional)

- 1) Purchase your ticket to the Five Star Combine
- 2) Visit the "Shop" tab on the website
- 3) Click on Athlete Profile and Purchase

#### **7. What is included with registration?**

Athletes who register for the Five Star Combine will receive:

- Comprehensive Combine Evaluation
  - o SmartSpeed Analysis
  - o Body Measurements (Height, Weight, Wingspan, Hand Size)
- Testing Shirt
- Access to film and results
- All Results distributed to our database of colleges for evaluation.