

OFFSEASON CHECKLIST

ALPHA ||| ZERO

**THE OFFSEASON IS WHERE CAREERS ARE
EXTENDED OR SHORTENED.**



**THIS CHECKLIST IS MEANT TO HELP YOU REST PROPERLY,
TRAIN SMART, MANAGE MONEY, AND STAY INTENTIONAL
WHILE STILL ENJOYING YOUR TIME AWAY FROM FOOTBALL.**



down all
strength ▶
POWER, brawn,
hardiness, re



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1. FIRST TWO WEEKS AFTER YOUR LAST GAME

Intentional Rest phase

- TAKE TWO FULL WEEKS OFF FROM LIFTING AND HARD TRAINING
- NO PUSHING THROUGH PAIN OR “STAYING IN SHAPE”
- PRIORITIZE SLEEP AND RECOVERY
- LIGHT MOVEMENT ONLY: WALKING, GOLF, STRETCHING, SWIMMING, DO SOMETHING YOU ENJOY!
- SPEND TIME WITH FAMILY AND MENTALLY RESET

**YOUR BODY HAS TAKEN A BEATING ALL SEASON.
REST NOW AND RECOVER!**



REST

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2. MEDICAL & BODY CHECK-INS

Fix Small Issues Early

- IDENTIFY ANY NAGGING INJURIES FROM THE SEASON
- GET A SECOND OPINION IF SOMETHING STILL DOESN'T FEEL RIGHT

End-of-Year Physical

- TELL THE TRAINER EVERYTHING THAT HURTS
- EVEN MINOR PAIN OR TIGHTNESS
- MAKE SURE ISSUES ARE DOCUMENTED

IF AN INJURY IS DOCUMENTED AT YOUR EXIT PHYSICAL, THE TEAM IS REQUIRED TO PAY FOR TREATMENT EVEN IF YOU ARE NOT TRAINING AT THE FACILITY.

IF YOU NEED GUIDANCE OR INTRODUCTIONS TO NON-SURGICAL DOCTORS, REACH OUT.

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3. OFFSEASON TRAINING TIMELINE

Train in Phases

JAN-FEB Strength & Foundation

- FOCUS ON MOBILITY, FLEXIBILITY, AND BALANCE
- BUILD STRENGTH SLOWLY
- FIX MOVEMENT ISSUES AND IMBALANCES
- EMPHASIZE CORE

GOOD OPTIONS DURING THIS PHASE:

- PILATES
- YOGA

IF YOU HAVE NEVER DONE PILATES, IT'S ONE OF THE MOST
HUMBLING THINGS YOU DO, BUT SO GOOD FOR YOU



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3. OFFSEASON TRAINING TIMELINE CONT.

Train in Phases

MAR-APRIL Conditioning and Football Shape

- INCREASE INTENSITY GRADUALLY
- ADD FOOTBALL-SPECIFIC MOVEMENT
- BUILD CONDITIONING AND STAMINA
- PREPARE TO FEEL GOOD GOING INTO OTAS

FOOTBALL ISN'T PLAYED IN JANUARY. RAMP UP FOR OTA'S
IN APRIL.



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4. WHERE YOU TRAIN

Facility vs Private Training

IF TRAINING AT THE TEAM FACILITY:

- TRAINING IS COVERED
- TREATMENT IS COVERED
- FOOD IS OFTEN COVERED
- FEWER OUT-OF-POCKET COSTS

IF TRAINING ELSEWHERE:

- TRAINING COSTS
- HOUSING COSTS
- FOOD COSTS
- TREATMENT AND RECOVERY COSTS
- TRANSPORTATION OR VEHICLE COSTS

IF YOU'RE CONSIDERING TRAINING SOMEWHERE ELSE, THINK THROUGH:

- LOCATION
- LENGTH OF STAY
- TOTAL COST

NEITHER OPTION IS WRONG. THE KEY IS PLANNING AHEAD. I WAS ALWAYS A BELIEVER IN GOING ELSEWHERE, BUT COMPLETELY UP TO YOU.

IF YOU WANT INTRODUCTIONS TO FOOTBALL SPECIFIC TRAINING FACILITIES, REACH OUT. TRAINING ALONE CAN COST ROUGHLY \$5,000.



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5. RECOVERY & SLEEP

Build Your System

- ESTABLISH A CONSISTENT SLEEP SCHEDULE
- AIM FOR 7-9 HOURS PER NIGHT
- IDENTIFY RECOVERY METHODS THAT WORK FOR YOUR BODY

COMMON RECOVERY OPTIONS:

- MASSAGE
- CHIROPRACTIC CARE
- SAUNA
- COLD TUB
- NORMATEC BOOTS
- STRETCHING AND MOBILITY WORK

THE OFFSEASON GIVES YOU TIME TO EXPERIMENT AND DIAL
THIS IN. EVERYONE IS DIFFERENT!



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6. PLAYER DISCOUNTS & BENEFITS

Use What You've Earned

BEFORE PURCHASING ANYTHING:

- GO TO NFLPA.COM
- LOG IN
- CLICK PLAYER DISCOUNTS

CHECK FOR DISCOUNTS ON:

- MATTRESSES (SLEEP NUMBER)
- RECOVERY TOOLS
- WELLNESS AND LIFESTYLE ITEMS
- JUICES
- WORKOUT EQUIPMENT

ALWAYS CHECK HERE FIRST. WHY PAY FULL PRICE WHEN
YOU CAN GET A DISCOUNT?

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7. TAXES & CPA

Do Not Wait Until April

- CONFIRM WHO YOUR CPA IS
- WE WILL HELP YOU GATHER DOCUMENTS GRADUALLY

TAXES ARE DUE APRIL 15TH

IF YOU NEED A NEW CPA OR WANT HELP REVIEWING
YOUR SETUP, REACH OUT.



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8. PLAYER PERFORMANCE

Plan for Big Checks

- WE CAN HELP YOU PLAN FOR YOUR PLAYER PERFORMANCE NOW
- UNDERSTAND WHEN MONEY MAY HIT-TYPICALLY IN MARCH-JULY.... VARIES TEAM TO TEAM

SOME TEAMS PAY A LUMP SUM,
OTHERS PAY MONTHLY OVER A COUPLE MONTHS.



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9. PLAN FOR LIFE AFTER FOOTBALL

Even While You're Playing

EACH OFFSEASON, CONSIDER:

- TAKING A CLASS (IT'S REIMBURSED THROUGH THE NFL)
- READING A BOOK
- LEARNING A NEW SKILL
- EXPLORING AN INTEREST OUTSIDE FOOTBALL

FIGURING OUT WHAT YOU'RE INTERESTED IN CREATES MORE INCENTIVE TO KEEP PLAYING FOOTBALL...

IF YOU WANT HELP FIGURING OUT WHAT FITS YOU, REACH OUT.
I DID THIS EVERY SINGLE OFFSEASON!



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10. FINAL REMINDER

The offseason is about resting, resetting, and being intentional.

THE PLAYERS WHO MAXIMIZE THE OFFSEASON:

- REST PROPERLY
- TRAIN WITH PURPOSE
- PLAN FINANCIALLY
- THINK AHEAD

PROUD OF YOU ALL AND HERE FOR YOU IN ANY WAY!



ALPHA
THINK
BEYOND
WHAT'S
NEXT
ZERO



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DISCLOSURES

ALPHA ZERO IS A REGISTERED INVESTMENT ADVISER. REGISTRATION DOES NOT IMPLY A CERTAIN LEVEL OF SKILL OR TRAINING. INFORMATION PRESENTED IS FOR EDUCATIONAL PURPOSES ONLY AND DOES NOT INTEND TO MAKE AN OFFER OR SOLICITATION FOR THE SALE OR PURCHASE OF ANY SPECIFIC SECURITIES, INVESTMENTS, OR INVESTMENT STRATEGIES. INVESTMENTS INVOLVE RISK AND, UNLESS OTHERWISE STATED, ARE NOT GUARANTEED. BE SURE TO FIRST CONSULT WITH A QUALIFIED FINANCIAL ADVISER AND/OR TAX PROFESSIONAL BEFORE IMPLEMENTING ANY STRATEGY DISCUSSED HEREIN. PAST PERFORMANCE IS NOT INDICATIVE OF FUTURE PERFORMANCE.

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