



Coach Fly is a master of quickness. For over 20 years he has been successfully improving literally hundreds of athletes in the area of speed and agility with his proven techniques that he himself created and mastered. Coach Fly has been responsible for training over 20 high school state champions in track and field, and over 20 collegiate All-Americans. Not to mention, his 30 plus professional athletes that have profited from his training.

Coach Fly has successfully, with God's grace, and years of training and knowledge has transformed young men and women into an amazing athletes.

### What Makes O.Y.M So Different?

There are many programs out there that can improve your strength in certain areas. However, our goal is to transform the total athlete not only physically, but mentally. A transformation has to take place with the athlete's mind, body, and spirit in order for them to reach their top potential. Teaching young individuals how to think like an athlete on and off the playing field is one of the program's strongest quality. Because of this, parents have seen their kids greatly improve physically and mentally. The athlete must develop a certain mentality on the field, in the classroom, and at their home.

Tremendous support is given to all athletes by:

- Attendance at their games to critique how they handle time situation and their work ethic; and most importantly
- Develop a teaching relationship with the athlete that can last forever.

Many athletes continue to train for me for years after their initial work session.

### Results Guaranteed!

During the last 20+ years of training, the program has never failed to improve an athlete that comes on a consistent basis. There has been a 100% success ratio in every area of training.



## Coach Fly Success Stories



### Byron Parker, Philadelphia Eagles

"I thank Kenny Wheaton for introducing me to Coach Fly. I ran a 4.31 back to back for the Dallas Cowboys."



### Derrick Armstrong, Houston Texans

"Working with this cat (Coach Fly), you have to have your mind made up. I'm a witness, he gets results!"



### Adrian Madise, Washington Redskins

"I thank Coach "Fly" for helping me get my speed down to a low 4.38 and got my conditioning right."



### Jarett Payton, Montreal Alouettes/ Tennessee Titans

"Meeting Coach Fly put me at ease about certain things, because he told me what I needed to do for me versus how other people measured me to be like my father, Walter Payton. My mom thanks him for this. I look forward to working with him."



### Allen Rossum, Atlanta Falcons

"Coach Fly has always been the man since I was a youngster growing up in Dallas, TX. He knows how to get you right. Coach Fly has always been there for me. I'm a Pro-Bowler now, and the 2005 NFL fastest man."



### Thyron Anderson, New Orleans Saints formerly of the Calgary Stampeders

"Coach "Fly" has mad and crazy skills that can explode you to a level you didn't know was possible in you. What more needs to be said...I'm a N.O. Saint now and thanks Coach "Fly."



### Zach Eskridge, Dallas Cowboys!

"I really benefited being with Coach Fly, as a Quarter Back. The skills and techniques I did with Coach Fly got me fast, stronger, and instant attention at my position." (RHS Product)



### Jesse Holley, Dallas Cowboys!

"Coach Fly got me ready and fired up to hit the football field. I couldn't wait to "show up and show out", that's what he would say. Coach Fly got everything right about me, even my mind!"



### Jonathan Haggerty, Cleveland Browns

"Coach "Fly" made a huge difference in my pro day with the NFL scouts. I got a free agent contract with the Browns because of Coach "Fly's" techniques." (LHS Product)



### Marion Barber, Chicago Bears,

Formerly of the Dallas Cowboys!  
"Coach Fly is the real deal, you didn't know I'm faster, stronger and doing things athletically I've never done. Why are you not here yet?"



### Felix Jones, Dallas Cowboys!

"This cat Coach Fly, Man, I don't know where to start, he's good. He got me better. Check out my feet and hips, explosive."

### Russell Flannigan

Fondly called "Fly" for his talent as a sprinter, Russell Flannigan is a former coach at Paul Quinn College. Prior to coaching at Paul Quinn, he coached football and track in the Dallas ISD for over 15 years.

In addition to being a partner in Sky Sports Agency, Coach Fly is founder and CEO of Fly Gear and On Your Mark, a company specializing in intense speed and conditioning training for athletes.

Coach Fly is a high energy, charismatic individual who devotes much of his spare time to hosting charitable events throughout Dallas. His "Breakfast with Frosty and Coach Fly and Friends" was attended by over 1,200 children in 2005.

He has several annual events, such as Coach "Fly" Thanksgiving where he feeds children at the Scottish Rite Hospital for Children; and the Coach "Fly" Battered Women's Shelter Thanksgiving, Christmas, and Valentine Events. In 2003, during Black History Month, Flannigan was named by the Dallas Examiner as one of the nations "100 Most Influential African Americans."

I pray daily to God that I am able to be a blessing in the lives of the many that he allows me to mentor. I'm really not good at Nothing, that's the reason I'm able to be productive and perform my best at Something! (That's a Flyism)

### Sam Hurd,

Chicago Bears,  
Formerly of the  
Dallas Cowboys!

"I just love Coach Fly. He brings it out of you and does he bring it out! I want to team up with him when I'm done playing ball and we'll build a training team in other cities."



### Tashard Choice,

Dallas Cowboys!

"Man, I'm not going to lie. I thought Coach Fly was crazy, because it was hard for me. But, my boys kept coming back and getting better and better. Then I got focused and went to work and he took me to another level."

### Steve Octavien,

Cleveland Browns formerly  
of the Cowboys.

"I knew if I wanted to get right I had to see Coach "Fly". Like he says It Hurts To Be Good!"



### Barrick Nealy,

Minnesota Vikings!

"Coach Fly has been the man forever in Dallas."



### B. J. Ward, Oakland Raiders

"Coach "Fly" coached me at Kimball High School. I know the deal on him, he's for REAL!"



Coach Fly favorite quotes: *"Its hurts to be good."*; *"Every pain is not an injury."*; *"If you want to get better, do better."*



**Kenny Wheaton**, Toronto Argonauts

"I owe it all to Nate Newton (my former teammate with the Dallas Cowboys for introducing me to Coach Fly. Coach Fly did for me what no other had done. After training with Coach Fly, I am a C.F.L. star, Grey Cup Champion, C.F.L. All Pro, and I have the longest interception touch-down return (116 yards) in history (C.F.L. or N.F.L.). I will be playing my 5th season because of Coach Fly."

**Patrick Cobbs**, Miami Dolphins

"Coach Fly, without question and God's grace, allowed me to meet him. He works magic and he gets results. I'm playing in the NFL. I love Coach Fly!"



**Tyson Thompson**, Dallas Cowboys

"I met Coach Fly in December 2004 through my agent. The drills and training were different for me, and very tough at first. But, as I learned the different techniques, my level of preparation increased and my performances in the workouts were huge. My foot work and 40-yard times excited all the NFL Scouts.

At 6'2", 223 lbs. I ran a couple of sub 4.2 40-yard sprints for the scouts. Coach Fly is a very big reason why I am now with the Dallas Cowboys."



**Joe West**, St Louis Rams, formerly with the Saints

"Working with Coach Fly has been a blessing to me in many ways. Not only has he been a great coach but he has been a positive role model to me, both spiritually and athletically. I have had great and productive experiences working with him. I'm blessed to have had the chance to work with him. He brought the beast out of the boy I was. Thank you, Coach Fly!!"



**Dwayne Goodrich**, Dallas Cowboys - 2nd Round Draft Pick

"Coach "Fly" has been more than a trainer to me than you could ever know." (You have to know my story)



**Melvin Bullitt**, Indianapolis Colts

"Coach Fly has really helped my performance mentally and physically: He has my total respect."



**Dimitrius Underwood**, Dallas Cowboys formally a 1st round draft pick to the Minnesota Vikings

"Coach "Fly" took me under his wing and helped me more importantly to get my head right through my Bipolar medical condition! He really got me in great physical condition to perform on the playing field as well as to adjust to a normal life. God blessed me to get with Coach "Fly."



God's Good Grace and Coach Fly, with Faith, Vision & Dedication, can make your dreams come true!!!

**Bashir Yamini (Chief)**, Ottawa Roughriders

formally with the Dallas Cowboys  
"Coach "Fly" speed and conditioning program is not for everyone unless you are a beast, and it works. I ran 4.2 flat twice for the Cowboys at 6'4 202lbs. I love that cat...Coach "Fly"!!



**Gabriel Fulbright**, Calgary Stampeders

"I have always wanted to be trained by Coach "Fly" since I was in middle school at P.C. Anderson. My brother and all the top athletes at Lincoln H.S. were being trained by him. Coach "Fly" got me right." (LHS Product) Rest In Peace Gabe!!



**Andy Tanner**, New Orleans Saints

"Coach "Fly" is very special to me, my brothers and my parents. He not only trained me, but he also train my brothers. He has gotten me from a 4.6 to 4.4 in the 40 and in the best condition that I have ever been in. Thanks Coach "Fly". (RHS Product)



**Mario Haggan**, Denver Broncos

"After playing six years with the Buffalo Bills you would think I already know what to do. Coach "Fly" has taught me things that I have never done, and made me better at those things I knew already. I have never been this fast and quick in my life. Thanks to Coach "Fly," my guy. (Now I'm with Denver."



**DeAndre Jackson**, Montreal Alouettes

"Man, I don't know where to start. Coach Fly has gotten my knee back right and I ran 4.37 and 4.32 for Montreal and got signed. He's done much more for me."



**Caleb Hanie**, Denver Broncos formally of the Chicago Bears

"My first day training with Coach "Fly", Melvin Bullitt of the Colts told me get ready to be faster. After only a short period with Coach "Fly" my performance exploded to another level. I owe it to my former teammate Marion Barber for the connection with Coach "Fly."



# Professional Athletes



## Intense Speed & Conditioning Training



### Coach "Fly" Russell Flannigan

*Coach / Trainer / Motivator  
Teacher / Perfectionist  
(Comedian)*

- Nicknamed "FLY" because of his talent for running.
- Trains many professional athletes.
- Coaches many state and national champions in track & field. Most have become All-Americans in college.
- Trains at many summer camps around the state:
  - ♦ Bill Bates ♦ Offense/Defense ♦ Kenoy Kennedy
  - ♦ Emmitt Smith/Dexter Coakley ♦ World Gym
  - ♦ Triangle Passage Foundation
  - ♦ Coach "Fly" Speed and Conditioning Camp
  - ♦ International Sports Performance
  - ♦ Tommy Lovelace Need for Speed

You can find Coach Fly at Rockwall Indoor Sports Expo (RISE), Monday through Friday.

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