

## ***ATHLETES & TEAMS TRAINED BY MST STAFF***

**St. Thomas Aquinas 2007-08 Class 5a Champs #1 Team in the Nation 2008  
(4 Straight years trained by MST Staff)**

**Coral Glades High (2005,2006)**

**Coral Springs Chargers (2005,2006,2009)**

**Major Wright (UF) Mike Moore (UGA) Louis Murphy (UF) Leonard Hankerson (UM)  
MylesRuss( RMU) TJ Green (RMU) Conor O'neill (UW) Duron Carter (OSU)**

### **NFL Athletes**

<b>Cris Carter</b>	<b>Larry Fitzgerald</b>	<b>Brandon Marshall</b>
<b>Ricky Williams</b>	<b>Sean Taylor</b>	<b>Ki-Jana Carter</b>
<b>Darrell McClover</b>	<b>Chris Cooley</b>	<b>Kevin Dockery</b>
<b>Mike Doss</b>	<b>Justin McCareins</b>	<b>Kenny Wright</b>
<b>Jay Fiedler</b>	<b>Omar Jacobs</b>	<b>Tyrone Carter</b>
<b>Mike Flynn</b>	<b>Brent Hawkins</b>	<b>Rondell Biggs</b>
<b>Charles Rogers</b>	<b>Qadry Ismail</b>	<b>Buck Ortega</b>
<b>Rashad Baker</b>	<b>Tory Woodbury</b>	<b>Marcus Freeman</b>
<b>Jason Babin</b>	<b>Daryl Smith</b>	<b>Jason David</b>
<b>Marcus Spriggs</b>	<b>Leonard Myers</b>	<b>Lional Dalton</b>
<b>Kent Smith</b>	<b>Willie Evans</b>	<b>Chase Page</b>

### ***MY SPEED TRAINER***

**1143 Banks Road. Margate, FL 33063 Ph: 954-840-6586**

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