

PREMIER
**SPORTS
PERFORMANCE**
TRAINING FACILITY



ABOUT ETS

- Founded in 2010
- 40+ ETS Locations
- 50,000+ Athletes Trained
- 2,500+ D1/D2/D3 College Athletes Developed
- 200+ Professional Athletes Trained
- ETS is for athletes of all sports, ages 8+

ETS MISSION

Our mission is to provide cutting edge strength, speed, power, deceleration and movement mastery training for athletes and individuals in a challenging yet positive environment that will enhance performance, build character and improve lifestyles.

TRAINING FOCUS

- ✓ Strength
- ✓ Speed
- ✓ Agility
- ✓ Power
- ✓ Mobility
- ✓ Injury Mitigation
- ✓ Confidence
- ✓ Character



ETS TRAINING

Our unique services & systems of training are applicable, customizable and easily implemented for any athlete or client regardless of age, sport or ability level.

SPEED PLUS

FOR ATHLETES AGES 8-11

The ETS Speed Plus program focuses on linear and lateral speed development, deceleration mastery, relative strength and injury resiliency training for young athletes to establish a foundation for athletic success and performance mastery.

TOTAL PERFORMANCE

FOR ATHLETES AGES 12+

The ETS Total Performance program provides individualized and sport specific strength, speed, power, deceleration, movement mastery, and energy system development training to maximize performance and improve injury resistance.

GETTING STARTED

Schedule a FREE Athlete Evaluation at ETS! This will include a dynamic warm up followed by a comprehensive assessment of strength, speed, agility, running mechanics, and mobility to identify strengths, deficiencies and create a customized training program.



**FOR
FREE
EVAL**

**SCHEDULE YOUR FREE ATHLETE EVAL
AT AN ETS LOCATION NEAREST YOU!**