

ETS NORTH METRO INTRODUCTION

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PERFORMANCE



OUR MISSION

Our mission is to provide unmatched speed, power, deceleration, energy system development, movement and performance mastery training for serious athletes who are 100% committed to fully maximizing both their genetic physical and psychological potential. Our programs are designed for all athletes, at any ability level, from every sport, and customized to fit their needs.

ETS has attracted numerous professional athletes as well as drawn national and global attention for our unique performance systems. With the proven success that our athletes and clients have received and will continue to receive, it is now our mission to expand the ETS brand to a whole new level.

WHY ETS

The unique systems of training that ETS provides are customized and easily implemented for any athlete or client regardless of age, sport or ability level. Since 2010 ETS has produced over 350 Division 1 and Division 2 Athletes from the various sports; football, hockey, basketball, softball, soccer, baseball, lacrosse, swimming along with hundreds of other Division 3 athletes.



350 +
DIVISION 1 + DIVISION 2
ATHLETES TRAINED

100 +
PROFESSIONAL
ATHLETES TRAINED

15,000 +
ATHLETES TRAINED
SINCE 2010

INDIVIDUAL TRAINING SERVICES

Speed Plus - The ETS Speed Plus program focuses on linear and lateral speed development, relative strength, deceleration mastery, and injury prevention training for young athletes to establish a foundation for athletic success. This program is ideal for athletes ages 8 - 12 and is a great preparation system for the Elite Speed and Strength Plus Programs.

Elite Speed - The ETS Elite Speed program focuses on linear and lateral speed development, reactive speed, sport specific energy system development, as well as proper sprinting and deceleration mechanics to maximize speed and reduce injury susceptibility. This is the perfect complement to our Strength Plus Program.

Strength Plus - The ETS Strength Plus Program focuses on maximum effort strength & power development training that translates into increased strength, power, explosiveness and speed in competition, while also significantly decreasing the likelihood of becoming injured.

Team Training / Pro and Combine Training / Adult Training / Nutrition Training (ETS App)

GETTING STARTED

Athlete Evaluation:

- The ETS Evaluation will consist of teaching our signature dynamic warm-up, testing each athlete's acceleration, ability to efficiently change directions, lower body explosiveness, relative body-weight strength, and a complete core activation and mobility screen.
- We will also evaluate running mechanics, identify mobility limitations that correlate to movement, bio-mechanical deficiencies and energy system development.
- At the end of each evaluation, we will review the athlete's results with their parent(s) and explain exactly how our programs work. Once an athlete signs up for one of our training programs, we design a specific and individualized plan geared towards maximizing their athletic potential. We guarantee to provide each athlete with the absolute best training experience possible in an atmosphere that can't be matched. After signing up, each athlete will receive a FREE ETS T-Shirt as an official welcome into the ETS family!

To Schedule your FREE evaluation go to:

<https://www.etsperformance.com/north-metro-eval>

Or email: northmetro@etsperformance.com

ABOUT THE FOUNDERS

When Ryan and Heidi founded ETS in 2010, they had a vision of not only bringing cutting-edge training to the community to help develop better athletes, but also to help instill character traits that would serve those athletes well in life after athletics. Heidi excelled in soccer in high school and played at the collegiate level at UW-Stout where she earned All-Conference and All-American honors. Ryan was a standout athlete in football, basketball and baseball in high school, and earned multiple D1 scholarship offers to play collegiate football. After starting his college career at the University of Wisconsin, and finishing it at UW-Stout, Ryan earned a spot in training camp with the Cincinnati Bengals. When his football career ended, Ryan found a new focus and passion in helping athletes reach their highest potential.

RYAN + HEIDI ENGLEBERT



ABOUT THE PARTNERS

Sports have been a big part of Adam and Caitlin's lives from a young age. In college, Adam was an all-star football player at Minnesota State Mankato and Caitlin received a full scholarship to play D1 soccer at Iowa State University. Adam started training with Ryan at ETS his senior year in college, and attended a football combine where he was noticed by the Minnesota Vikings and invited to a Rookie Mini Camp. Just five years later, Adam is a First Team All Pro and one of the best Wide Receivers in the NFL. They are excited to partner with ETS Founders Ryan & Heidi Englebert and bring ETS to the community to help other athletes reach their true potential. They also take great pride in raising their son Asher and look forward to expanding their family in the future.

ADAM + CAITLIN THIELEN



EXCLUSIVE SAVINGS

Coon Rapids Youth Basketball Association

Show this to the Director of Operations at ETS North Metro to receive:

- \$50 off 3 Month Membership
- \$75 off 6 Month Membership
- \$100 off 12 Month Membership

Also Receive:

- **FREE** ETS Performance Dry-fit T-shirt, ETS Performance Workout Bag & ETS Performance Wristband
- **FREE** month of training for the first 25 athletes to join! Must join within first 30 days of opening (January 20th).

