

Yard
ATHLETICS



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//03

RAW, UNCUT, BACK TO BASICS

Yard Athletics is a 2600 Sq. Ft. high performance training facility located in Vancouver, BC. It features a raw, uncut, back to basics style of training. Our coaching staff will provides expertise, passion, commitment and genuine enthusiasm to improve performance and overall well-being..

YARD

YARD

Ilan Cumberbirch, Founder & Owner

Ilan's love for sport and fitness started early. As a former professional athlete, he has experienced the rigours of sport from both an athlete's and a coach's perspective, enabling him to understand the commitment and dedication necessary to attain one's full potential.



TRAINING EXPERIENCE

- 15+ years strength and conditioning training
- Owner/Director of Strength & Conditioning for Factory Hockey Player Development
- Certified Strength & Conditioning Specialist through the National Strength & Conditioning Association
- Bachelor of Kinesiology, UBC
- Dual-sport athlete (hockey & rugby)

WHO'S IN THE GYM WITH ILAN?

- NHL, Pro, Collegiate, Junior & youth hockey players
- Professional athletes – rowing, rugby, soccer, football
- Business executives and entrepreneurs

WHAT TO EXPECT WITH ILAN:

Ilan's continuous thirst for knowledge, coupled with his years of experience in the high performance strength & conditioning field, allow him to program and coach his clients to the same level he would as a professional athlete. His scientifically based training philosophy, coupled with his genuine passion, and contagious energy make training sessions a highly desirable component of everybody's lifestyle. Designing and implementing periodized training programs with focuses on mobility, strength, power, speed and/or endurance training, utilizing a broad range of training methodologies; Ilan is able to meet and exceed your training objectives.

TEAM



SAM SHAW

BKIN, CSCS – Head Strength & Conditioning Specialist

Sam has been working as an athlete and coach in the strength and conditioning industry since 2008. As an athlete Sam has participated at both the collegiate and university level, representing his country on the international stage during that time.



TORIN NIKIFORUK

BS, PTS - Personal Training Specialist

Torin's passion for fitness is celebrated in all forms of movement. Whether it's a multi-day hike, or a group fitness class, he loves to find new ways to challenge both his body and mind. Torin's academic interests lie within the role exercise plays as a form of therapy; specifically in neurodegenerative diseases.



LUKE WILLIAMS

CanFit Pro - Personal Training Specialist

An active lifestyle and athletics have always been a part of Luke's life. A former collegiate quarterback, Luke was forced to end his football career due to injury. This setback became his catalyst for change and Luke became focused on maximizing his physical potential through training. His understanding of the human body and the power of the mind became the focal point in his training regimen and daily life.



LAUREN O'SULLIVAN

CanFit Pro PTS - Personal Training Specialist

Lauren's dedication to an active lifestyle came out of a need to step away from the academic and subsequent 9-5 desk. The opportunity to connect with a community of like-minded, active people, be it while back-country hiking, at spin, or strength training, is what drove Lauren's interest in Personal Training. The mind-body shift as a result of consistent and progressive exercise gives Lauren the balance needed to tackle all facets of daily life.



MELIS PAPILA

BS, USAPL Coach

As a competitive powerlifter and coach, Melis' mission is to help people see how much a barbell can change their lives. She works relentlessly to share information on health, mental health, strength training, and cultivating an athlete mindset, even for the everyday gym-goer.



GABE GRZYBOWSKI

BA, CFPT- Certified Personal Trainer

As a lifelong athlete, Gabe has been involved in skiing, basketball, and rugby from an early age. By nurturing a competitive spirit, Gabe has driven himself and others to build on their athletic performance with the mantra 'harder, faster, stronger'



FACILITY

YARD



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EQUIPMENT

2600 SQ FT HIGH PERFORMANCE TRAINING FACILITY

6 ROGUE FITNESS LIFTING STATIONS

2 ROGUE FITNESS POWER RACKS

DUMBBELLS RANGING FROM 5-125LBS

50FT TURF

KETTLEBELLS RANGING FROM 15-175LBS

MEDICINE BALLS RANGING FROM 10-50LB

2 KEISER FUNCTIONAL TRAINER

2 CONCEPT 2 ERG

2 ROGUE ECHO BIKES

ASSAULT FITNESS AIR RUNNER

ROGUE LOW CABLE/LAT PULLDOWN

ROGUE REVERSE HYPER/GHD

ROGUE OHIO OLYMPIC BARBELLS

ROGUE BUMPER PLATES

4 ROGUE SOFT PLYO BOXES

VARIOUS SPECIALITY BARS

ROGUE SLED

VARIOUS OTHER LIFTING ACCESSORIES

LOCKERS, CHANGEROOMS, SHOWERS AND

WASHROOMS

TOWEL SERVICE

2 WATER COOLERS

YARD

Customized Strength & Conditioning

1-ON-1 STRENGTH & CONDITIONING

A customized strength & conditioning program tailored to your athletic objectives and needs, determined in conjunction with our staff of strength & conditioning specialists.

2-ON-1 STRENGTH & CONDITIONING

A customized strength & conditioning program tailored to you and your training partner's athletic objectives and needs, determined in conjunction with our staff of strength & conditioning specialists. NOTE: All doubles training sessions must be applied in conjunction with another training partner.



Our customized strength & conditioning packages are our most popular and effective training sessions available. After an initial consultation to determine your physical goals and objectives, a customized training program is built out and put into action so as to attain and exceed your athletic aspirations be they strength, power, endurance, mobility, aesthetic, or general health.

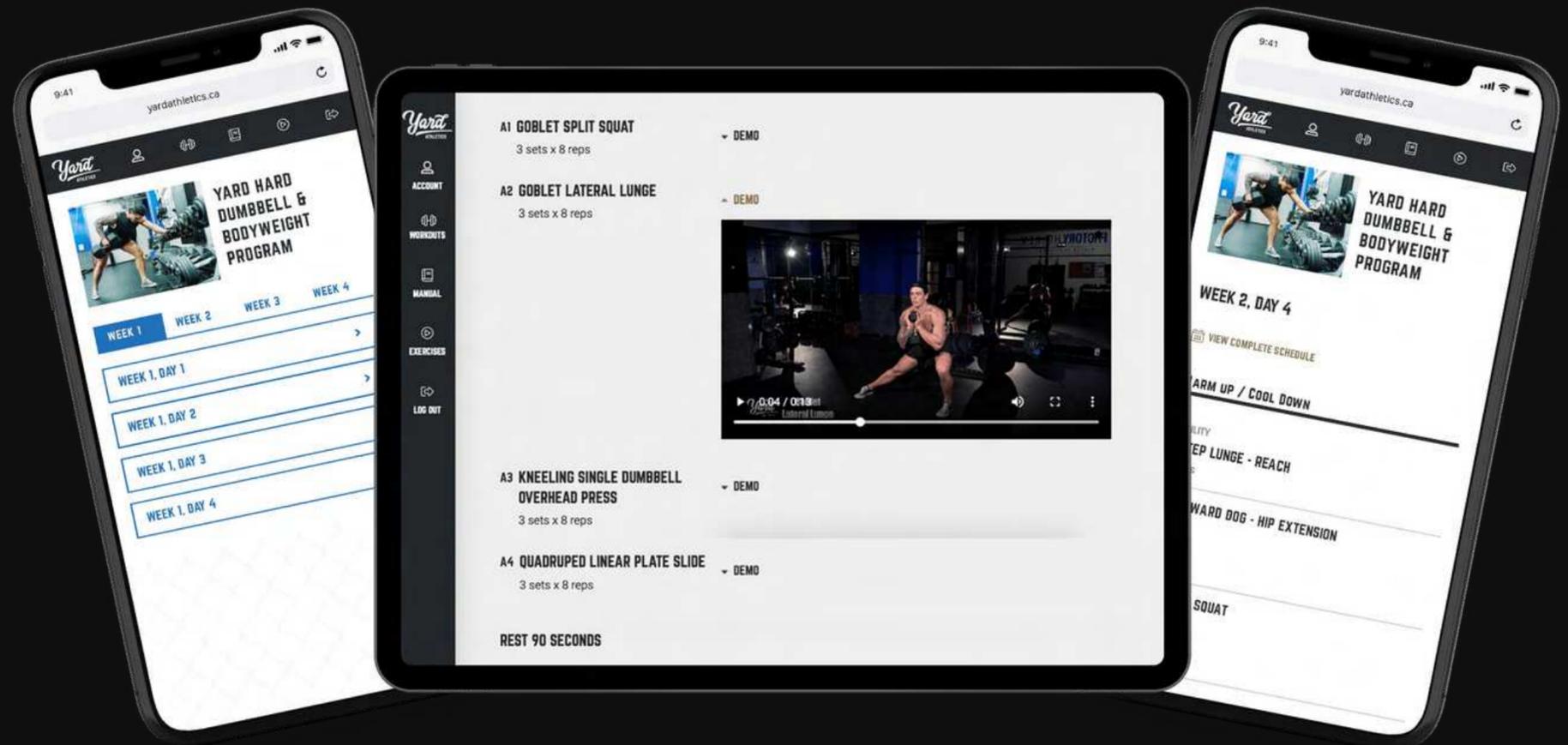
YARD

PROGRAMS THAT
DELIVER THE KIND OF
RESULTS PRO
ATHLETES INSIST ON.

- VARIETY OF PROGRAMS BASED ON YOUR GOALS
- 60-75 MINUTE WORKOUTS
- 4-12 WEEK PROGRAMS
- VIDEO LIBRARY WITH OVER 200+ VIDEOS
- CUSTOMIZED PROGRAMMING
- LEARN PROPER LIFTING TECHNIQUE

Online Training Programs

TORCH FAT | BUILD MUSCLE | HAVE FUN



YARD

Here at Yard, the safety and wellbeing of our clients has and continues to be our top priority. In order to provide our clients with a safe, effective and enjoyable training environment, while at the same time doing our best to prevent the spread of COVID-19, we've made changes to our practices and policies in order to better protect our clients and offer peace of mind in these uncertain times. These changes include, but are not limited to, the following:

Cleaning Procedures:

- Increased cleaning and disinfection of facility surfaces, with an emphasis on frequently touched areas such as equipment, flooring, changing rooms and door handles;
- A 15 minute sanitation period after each group training session to ensure adequate sanitation protocols are met and minimal overlap of clientele within the space occurs;
- Thorough sanitation of any piece of equipment utilized by a client prior to another patron utilizing said piece of equipment;
- A full sanitization and cleaning of the facility will follow at the end of each day utilizing a medical grade disinfectant fog;

Heightened Safety Protocols:

- Total occupancy within the facility will be limited to 1 individual per rack, or 1 "household" in order to allow 6 foot proximity restrictions to ensure adequate physical distancing;
- Masks will be mandatory upon entry and exit of the premises until clients are at their working stations. Masks will also be worn by all staff;
- Installation of UV light treatment and HEPA filters within the HVAC system to ensure air purity;

COVID-19 PRACTICES & PROTOCOLS



Contact Information

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