

Yard
ATHLETICS



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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 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

Assistant Manager, Strength & Conditioning Coach - BKIN, CSCS

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

Marketing Manager, Strength & Conditioning Coach BS, CPT, PN1

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

Strength & Conditioning Coach - BA HSCI, PTS

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

Strength & Conditioning Coach - BFA, MM, PTS

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.



TEAM



NICK TATARYN

Strength & Conditioning Coach -
DPT, BSc, CSCS

Having been in sport since the age of 4 till present day, Nick understands the love of being active while staying healthy, no matter what that may look like to each individual. Nick combines his clinical knowledge as a physiotherapist with his programming and experience as a strength coach to provide a well-rounded, wholistic approach to each individual's training.



MATT ROLAND

Head Strength & Conditioning Coach
- NCCP Level 1, IFA Fitness & Health Training

Matt ran track and field all through grade school until grade 9 where hockey became his main focus. He played until junior year in high school at an AAA level. After graduation, Matt went right into working in the tool and die industry where his athletic pursuits were put on hold. After 6 years in the industry, he realized that this lifestyle wasn't the right fit for him. Matt always knew that he wanted some level of physical activity and health in his life.



THEA LUND

Strength & Conditioning Coach -
PTS, GGS-1

Before weight training entered the picture, Thea developed her discipline in the world of performing arts. Her commitment to 16 years of competitive dance training shaped her into the athlete (and coach) she is today. Since then, she's gone from running 21km distances to competing at the National Level in Olympic Weightlifting for 4+ years. Thea believes the best way for trainers to learn more about their craft is by truly testing themselves on both the physical and mental side of performance.



JEFF ANDERSON

Strength & Conditioning Coach -
BA, DPLM, CSCS, PN1

Growing up, Jeff was always very physically active. Jeff excelled and played competitively in hockey, rugby, football, and basketball. Other activities such as hiking and waterskiing are among his passions. Jeff is also furthering his knowledge and experience as an intern Strength and Conditioning Coach at Simon Fraser University.



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.

Semi-Private Training

THE BONE YARD

Our bread and butter, this semi-private class is the foundation of what Yard Athletics was built on. Working through various planes of motion, these workouts consist of 2-3 full body complexes followed by conditioning. Our coaches will lead you through variations of the squat, hip hinge, pressing and rowing patterns. All experience levels are welcome and modifications can be made to suit your needs.

THE BACK YARD

Looking to 'pump' your glutes and 'abolish' your abs? This posterior chain and core focused session is guaranteed to get you feeling the burn! Join us as we take you through a series of high-intensity, hip focused movements paired with abdominal work. You can expect a wicked 'rump pump' and deep core work!

THE JUNK YARD

Catered towards intermediate & advanced lifters, come in and train in a group setting while focusing on getting stronger in the fundamental lifts. Less is more in this slower-paced, higher intensity class. Variations of the squat, deadlift, press & row will be the meat & potatoes of the workout with accessory work served as the accoutrement.



Our Semi-Private Training sessions are a taste of what you can experience at Yard Athletics. These intimate groups allow for detail-oriented coaching and structured programming in every training session. Whether you are new to weight training, an ex-crossfitter, or a professional athlete looking to remain in-game shape, come check out **The Bone Yard**, **The Junk Yard**, or **The Yard Sale**. There's something for everyone!

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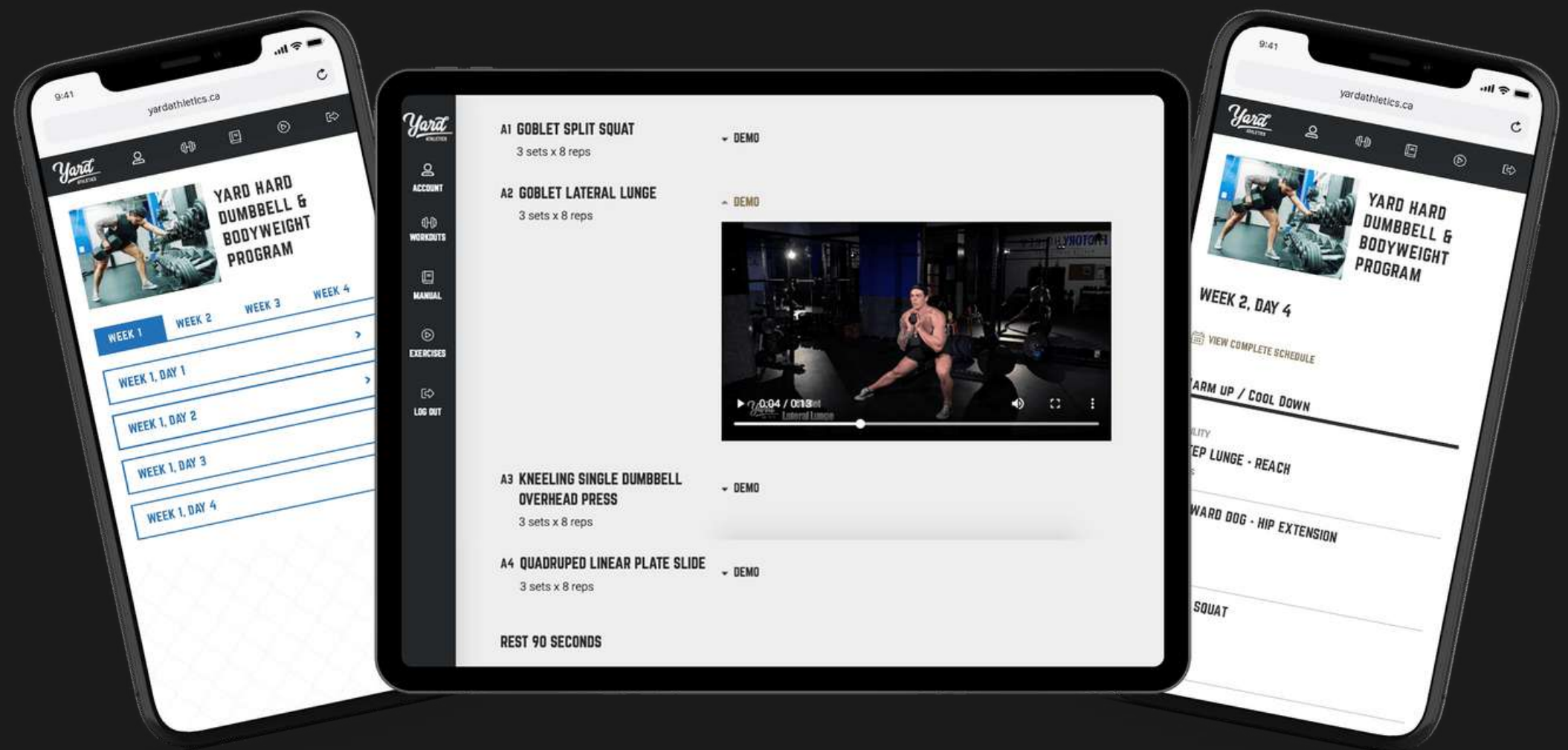
YARD

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



Contact Information

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