

Yard
ATHLETICS



ABOUT	_____	03
TEAM	_____	04
FACILITY	_____	07
TRAINING	_____	10
CONTACT	_____	14

YARD

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.

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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

Director of Operations
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.



JEFF ANDERSON

Director of Programming
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.



TORIN NIKIFORUK

Strength & Conditioning Coach
BSc, 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.



TEAM



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.



RICHELLE CARTER

Strength & Conditioning Coach
BSc, BCAF, CPT

As a former professional dancer and an active individual, Richelle automatically found herself drawn to the gym. Through navigating her own injuries and identifying gaps in the dance industry, Richelle delved into strength and conditioning and active rehabilitation, where she developed an appreciation for the body as a whole and how strength training can benefit everyone in and out of the gym. Outside of training, Richelle is passionate about dancing, hiking, and pursuing educational opportunities.



BRONWYN KIRK

Strength & Conditioning Coach
CPT, CES, SFS, PICP-1

From a young age, training and sport have been at the forefront of Bronwyn's life. During grade school she competed and excelled in both track and field and cross country. Bronwyn also played, and achieved success in youth soccer at a provincial level. She has continued her passion for athletics through helping her clients accomplish their fitness goals. Bronwyn knows what it takes to become a great athlete and, more importantly, be the best version of yourself.



YARD

FACILITY



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

YARD

AMENITIES



- LOCKERS
- CHANGEROOMS
- SHOWERS
- WASHROOMS
- TOWEL SERVICE
- WATER FOUNTAINS

1:1 PERSONAL TRAINING

Our 1:1 Personal Training packages are our most popular and effective training sessions available. After a free 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.



SMALL GROUP PERSONAL TRAINING

Our Small Group Personal 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, there's something for everyone!



YARD

Seeking exclusive access to a High Performance Training Facility? Looking to follow your own program, without the guidance of a coach? Yard Athletics Open Gym Membership provides all of that, and more.

- GUARANTEED access to training space and equipment
- FREE Access to Yard Online Training Series for your 1st month
- \$150/Mo | No Contract

OPEN GYM MEMBERSHIP



//12

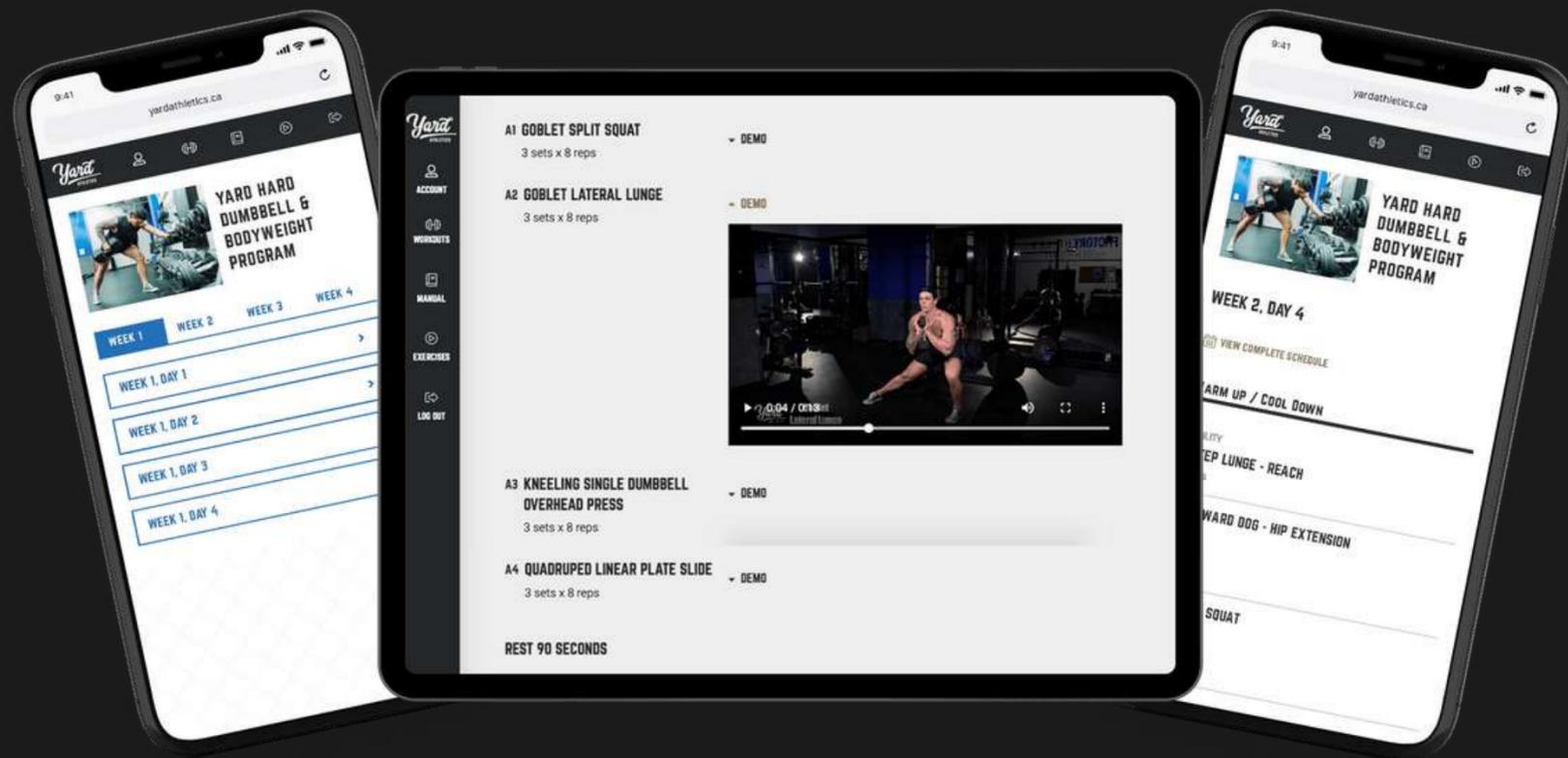
YARD

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 200+ videos
- Customized programming
- Learn proper lifting technique
- \$29.99/mo

ONLINE TRAINING PROGRAMS

TORCH FAT | BUILD MUSCLE | HAVE FUN



//13

CONTACT INFORMATION

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//14