

Yard

ATHLETICS



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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.

//03



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

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.



LUKE WILLIAMS

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.



MICHAEL GORDON

MICHAEL

Strength & Conditioning Coach
MSc BSc CSCS

Michael Gordon, a dedicated Strength & Conditioning Coach at Yard Athletics in Vancouver, brings a Master's in Sports Performance and a Bachelor's in Sports Science. Certified with a CSCS, Michael tailors enjoyable and challenging workouts for all fitness levels, from 16-year-old rugby players to those starting at 70. Beyond the gym, he enjoys Gaelic football, hiking, scuba diving, and surfing



TEAM



CHELSEY

Strength & Conditioning Coach

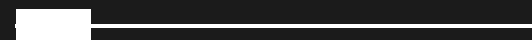
a vibrant Strength & Conditioning Coach with 8+ years of experience, reshapes the narrative of athleticism through individual potential and strength honed in Martial Arts and boxing. Tailoring her approach to desk-related discomfort, athletes, and fitness enthusiasts, Chelsey prioritizes perfecting fundamentals and acquiring new skills, promising an elevated and enjoyable gym experience with tangible results.



MATT

Strength & Conditioning Coach, NSCA-CPT, PSL1

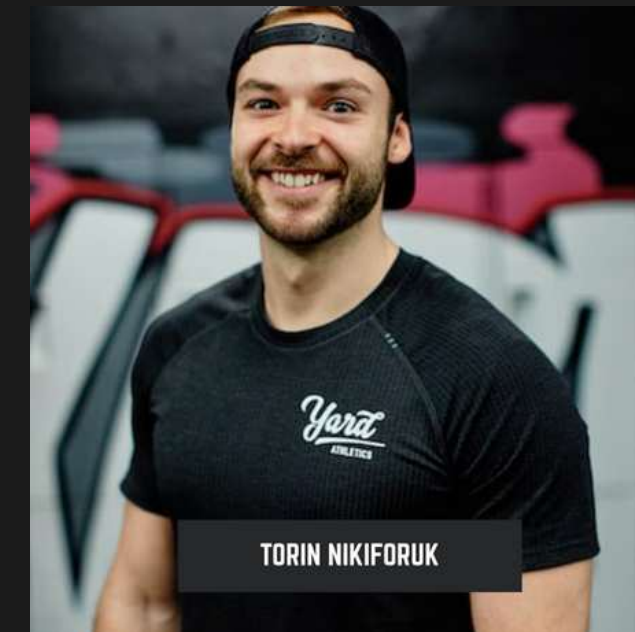
Matt, a former electrician turned certified personal trainer with 7+ years of experience, caters to diverse clients, from business professionals to beginners. With a focus on real results, he brings a direct and outcome-focused approach, using his deep understanding of exercise science. Matt creates a supportive environment, ensuring clients leave each session feeling alive and inspired.



JAMIE

Strength & Conditioning Coach

A seasoned athlete with over 10 years of Strength & Conditioning experience and a CrossFit Level 1 Trainer, leverages his diverse athletic background in Rugby, triathlons, and boxing to guide individuals of all fitness levels. With infectious energy, he helps clients overcome anxieties and reach their full potential. Beyond the gym, Jamie enjoys cycling, snowboarding, hiking, and exploring new places through travel.



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.



YARD

FACILITY



- 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

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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 TRAINING

Our Small Group 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!





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



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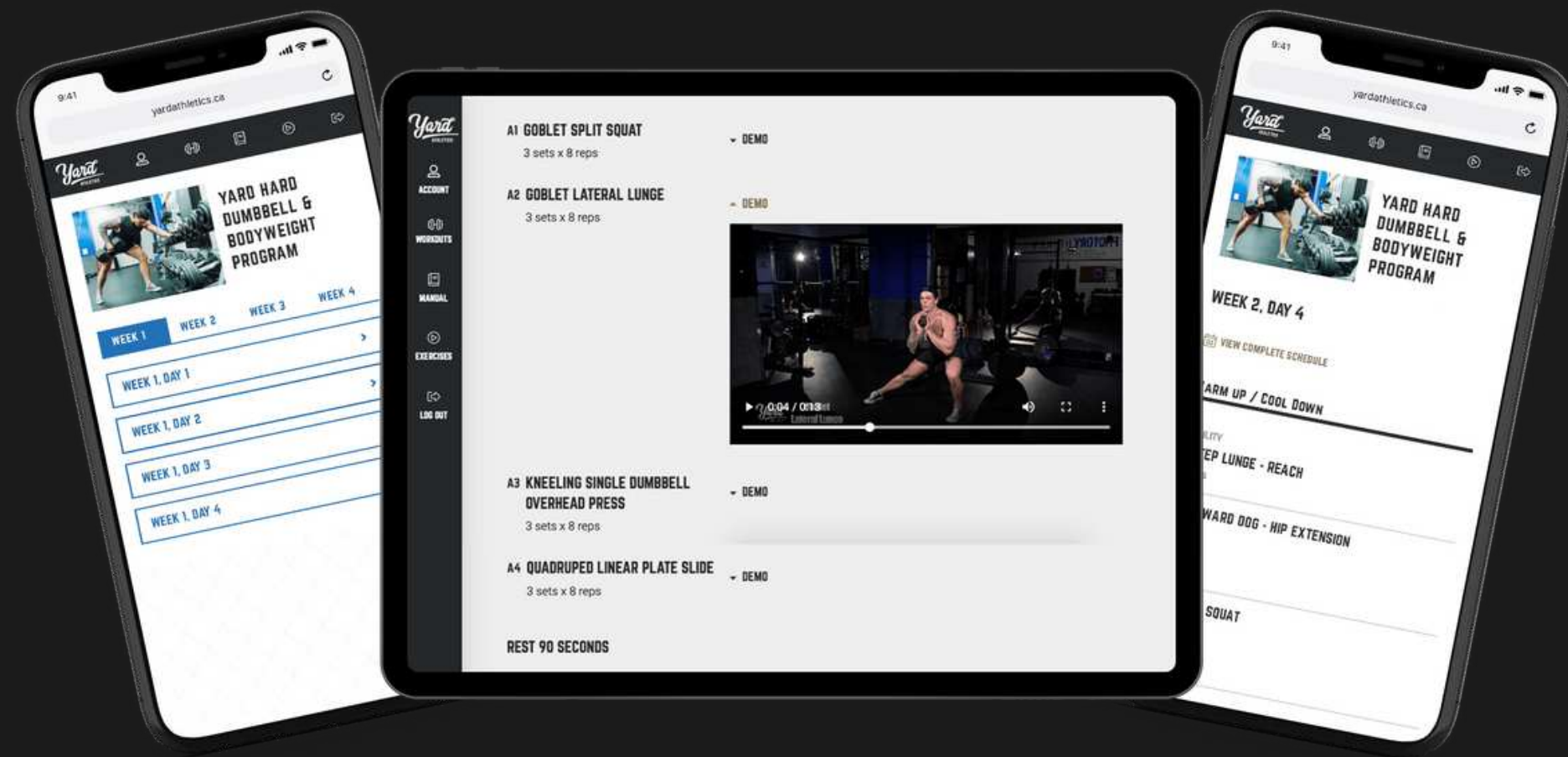
YARD

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

ONLINE TRAINING PROGRAMS

SHRED | BUILD | ENJOY



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DOWNLOAD OUR YARD ATHLETICS APP

Book and buy, receive updates and stay connected with our very own Yard Athletics App. Click the App store or Google Play to Download.



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App Store



GET IT ON
Google Play



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CONTACT INFORMATION

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