

ETHOS

PERFORMANCE

—ACHIEVE EXCELLENCE—

SUMMER TRAINING 2024

Program Levels & Cost

Program	Formerly	Entering Grades	Small Group Pricing & Packages			
			10 Session Pack	20 Session Pack	Monthly Membership	Summer Training (5/22-8/22)
E1	Athlete	Grade 9-College	\$175	\$325	\$175*	\$525
E2	YOUTH 2	Grades 7-9	\$175	\$325		\$505
E3	YOUTH 1	Grades 5-7	\$165	\$315		
	Required For		1:1	2:1	Information	
Intake Assessment	New athletes participating in E1 and E2 training programs		\$85	\$100	All new athletes enrolled in E1 or E2 must complete their intake assessment prior to starting small group training.	

*The monthly membership is an ongoing plan that renews monthly on the date of your purchase. To cancel your membership, please contact Ethos Performance at team@ethosperformance.com or call 715-227-5702 a minimum of 7 days prior to your next renewal date to cancel or modify your membership.

E1: (Formerly Athlete) The E1 programming is geared toward athletes entering grades 9-College. This summer the E1 program will have sessions with a designated focus. These areas include **Power Plus, Speed Plus, Mobility Plus, ESD (Energy System Development) Plus**. These sessions will allow athletes to tailor their training based on their goals and balance their training schedule with their other commitments. The session focuses will be displayed on the schedule. The *Plus* designation denotes that we will also emphasize other training goals in conjunction with the primary focus of a session.

E2: (Formerly Youth 2) The E2 program is for our developing athletes entering grades 7-9. For this program we will use our results proven *Hybrid Methodology* which will focus on building a foundation for future programs and training. Each session will feature elements of speed, power and conditioning development while ensuring proper movement patterns.

E3: (Formerly Youth 1) The E3 program is our foundational program for athletes entering grades 5-7. This program will focus on creating a fun and productive environment for athletes starting their training journey. Our E3 program will teach key movement patterns, basic strength and conditioning principles and help to foster a love and appreciation for training. For many athletes this is their first exposure to a structured training program.

Schedule and Scheduling

Scheduling for small group training will be done on a first come, first served basis. We often have classes that will reach capacity. Athletes are encouraged to sign up for classes as soon as they are able (many athletes have already scheduled their summer training). All classes must be registered a **minimum of 24 hours in advance**. You will not be able to sign up via the app under 24 hours prior to class. If you miss the sign up window or your schedule changes under 24 hours, please either call 715-227-5702 or email, team@ethosperformance.com to request admission to a class. Our team will respond as soon as they are able.

The live schedule for summer 2024 is up, and spots will fill quickly. Program sign up is live and the schedule is open for athletes to sign up for classes.

Below is our “Base Schedule” for summer 2024. The live schedule has been posted and is viewable via the “Ethos Performance” app. As participants register, we will modify the schedule to meet the needs of our athletes. *Please note that the week of July 1-July 5 will have a modified schedule due to the holiday.*

Classes do fill up, if you have specific times that work for you, please sign up early. We will always make sure there is plenty of room for athletes to train, but premium times and classes do reach capacity and you may have to sign up for other times or add yourself to the waitlist.

	Monday	Tuesday	Wednesday	Thursday	Friday	
7:00 AM						
7:15 AM						
7:30 AM	E1 Speed	E1 Strength	E1 Strength	E1 Strength		
7:45 AM						
8:00 AM						
8:15 AM	E1 Strength	E1 Speed	E1 Strength	E1 Strength	Featured ESD, Mobility and Challenge sessions will be on the live schedule	
8:30 AM						
8:45 AM						
9:00 AM						
9:15 AM						
9:30 AM						
9:45 AM	E2 (Youth 2)	E2 (Youth 2)	E2 (Youth 2)	E2 (Youth 2)		
10:00 AM						
10:15 AM						
10:30 AM	E1 Strength	E1 Strength	E1 Speed	E1 Strength		
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM						
11:45 AM		E1 Speed		E1 Speed		
12:00 PM						
12:15 PM						
12:30 PM						
12:45 PM						
1:00 PM	E2 (Youth 2)	E2 (Youth 2)	E2 (Youth 2)	E2 (Youth 2)		
1:15 PM						
1:30 PM						
1:45 PM						
2:00 PM	E3 (Youth 1)		E3 (Youth 1)			
2:15 PM						
2:30 PM						
2:45 PM						
3:00 PM	Individual, Additional Sessions and Team Training by appointment					
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM						
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM						

Getting Started

Ethos Performance runs small group training classes through our branded app. To register for programs and enroll in classes, you will need to download the Ethos App, which can be accessed via the QR codes below:

Apple



Android



If you have trained with us previously but have not updated your app since March 1, 2024, you will need to redownload the app, update your profile and create new password. If you encounter any issues with this process, please reach out and let us know and we are happy to help.

Frequently Asked Questions

How do I sign up for classes?

Once your profile is created, you may purchase a package or contract option that fits your needs, age and schedule. As soon as your purchase is completed, you can sign up for available classes. It is important to note that classes are linked to your package, so E2 athletes can only sign up for E2 designated classes.

What if I need to cancel?

We understand that schedules change. If you need to cancel you can do so from the app. When cancelling, please be aware of your classes cancellation policy to ensure you do not “late cancel”.

Does each individual athlete need their own profile?

YES, each athlete must have their own profile. This is important for safety, athlete tracking, individualized programming and attendance.

As a high school athlete (E1), can I only do E1 Speed Plus?

YES, our hope is that you are getting adequate strength and power training elsewhere in your training. Whether you train with us or elsewhere, you will have more significant gains when speed training is coupled with speed training.

Will we do more than “lift weights” at an E1 Strength Plus Class?

YES, these sessions will focus on building strength and power, which are critical building block to improve speed development. Speed, Strength and Power must be trained together to achieve the best results. Likewise, at the Speed Plus class, we will focus on speed and running mechanics, but also utilize mobility and resistance exercises to achieve desired results.

How come there is no E2 (Youth 2) speed specific class?

At this age group, our years of working with athletes, tracking gains and improvements has shown that a hybrid model incorporating strength and speed together leads to the best results and complete development of the athlete.

Can I come to a morning session on Monday and an afternoon session on Wednesday?

YES, our schedule is designed to accommodate the busy schedules of athletes and families. You can come at 7:00 am on Monday and 10:30 on Wednesday.

Do I need to do an intake assessment?

YES, if you are a new E1 (Athlete) or E2 (Youth 2), it is required prior to entering small group training. The assessment is available to athletes who have previously trained with us if they would like as well as YOUTH 1 athletes who request it or who join the summer program later in the year (after June 12). To schedule your intake assessment, please:

Call: **715-227-5702** OR email: team@ethosperformance.com

Do you offer 1:1 training or can my whole team train together?

YES, we offer numerous options for athletes looking to train as an individual as well as offering training for entire teams or organizations.

If I am on the waitlist, how do I know if I will get accepted to the class?

When you set up your profile, please select your “communication preference” (text or email). If you are on the waitlist and a spot does open up, you will receive a notification based on your selection.

Additional Questions?

Call: 715-227-5702

Email: team@ethosperformance.com

