



# NEVERS LARKIN BASEBALL SUMMER PERFORMANCE TRAINING 2025

## PERFORMANCE EMPHASIS

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NLB x Training HAUS Summer performance will be focused on developing the physical requirements of a high-level baseball athlete, relative to age.

Our summer training 2025 program will place emphasis on:

- Linear & rotational speed development
- Change of direction
- Relative strength benchmarks
- Movement quality

Youth performance programs will stress movement literacy, movement pattern recognition, and spatial awareness whereas the senior program will focus on progressions through both intensity, load, and volume.

## PROGRAM DETAILS

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### Training Schedule:

- Summer Training Phase: June 9<sup>th</sup> – July 31<sup>st</sup>
- Days: Monday, Tuesday, Thursday
- Times:
  - Senior Performance: 10:00-11:00am
  - Youth Performance: 9:00-10:00am

**Training Location:** NLB Training Facility | 7104 Ohms Ln, Edina, MN 55439

## COST & REGISTRATION

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**Cost & Registration:** 50% off the package costs listed below with promo code "Summer50" (case sensitive)

Training Package	Package Cost	Registration Link
1X/Week (8 Pack)	\$150 (\$75 with promo code)	<a href="https://TrainingHAUS.com/NLB-8-Pack-2025">TrainingHAUS.com/NLB-8-Pack-2025</a>
2X/Week (16 Pack)	\$300 (\$150 with promo code)	<a href="https://TrainingHAUS.com/NLB-16-Pack-2025">TrainingHAUS.com/NLB-16-Pack-2025</a>
3X/Week (24 Pack)	\$450 (\$225 with promo code)	<a href="https://TrainingHAUS.com/NLB-24-Pack-2025">TrainingHAUS.com/NLB-24-Pack-2025</a>

Performance Coach: Bobby Moua: [TsisMoua@TrainingHAUS.com](mailto:TsisMoua@TrainingHAUS.com)

*\*Based on your registration, please choose to come to any of the weekly training days that work best for your summer schedule. You may choose separate/different training days week to week if necessary.*

*\*Summer Registration will end post August 29<sup>th</sup>, 2025. Training sessions will not rollover to fall.*

## ACCOUNT SETUP

*Mind Body is the registration platform utilized by Training HAUS. Below are instructions for getting your athletes profile set up. Please note, all athletes are required to have a Mind Body profile to participate in Sports Performance Training at Training HAUS. Please purchase your training package before their first session.*

**STEP 1: Select the link above, add promo code “Summer50” (case sensitive), select APPLY**

The screenshot shows the 'Shopping Cart' page on the Mind Body website. The cart contains one item: 'NLB Summer '25, 3x/week-39 pack, 6/9-8/29' with a price of \$675.00 and a quantity of 1. A pink arrow points to the 'Summer50' promo code entered in the 'PROMOTION CODE' field, and another pink arrow points to the 'Apply' button next to it. Below the cart items, the subtotal is \$675.00, tax is \$0.00, and the order total is \$675.00. The 'CHECK OUT' button is highlighted in blue.

Item	Price	Quantity	Total
NLB Summer '25, 3x/week-39 pack, 6/9-8/29	\$675.00	1	\$675.00

Subtotal (1 item): \$675.00  
Tax: \$0.00  
Order Total: \$675.00

**STEP 2: APPLY After the promo code has been applied, select CHECKOUT**

The screenshot shows the 'Shopping Cart' page after the promo code has been applied. The item 'NLB Summer '25, 3x/week-39 pack, 6/9-8/29' now has a discounted price of \$337.50. A pink arrow points to the 'PROMOTION CODE' field which now says 'PROMOTION APPLIED'. Another pink arrow points to the 'CHECK OUT' button. The subtotal is now \$337.50, tax is \$0.00, and the order total is \$337.50.

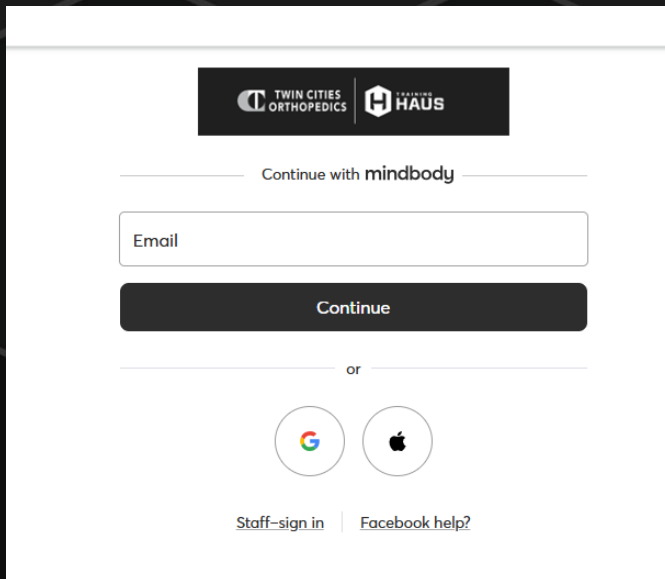
Item	Price	Quantity	Total
NLB Summer '25, 3x/week-39 pack, 6/9-8/29	\$675.00 \$337.50	1	\$337.50

Subtotal (1 item): \$337.50  
Tax: \$0.00  
Order Total: \$337.50

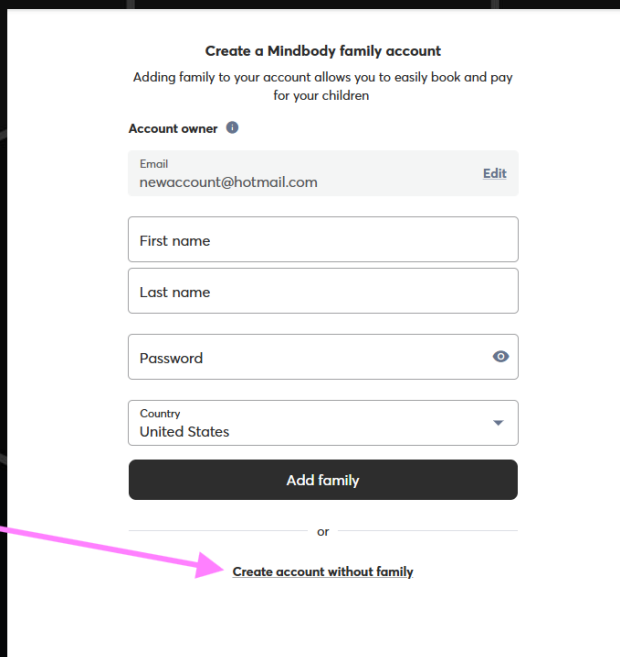
Performance Coach: Bobby Moua: [TsisMoua@TrainingHAUS.com](mailto:TsisMoua@TrainingHAUS.com)

### STEP 3: Enter Email

- 1) If you have an account already, enter your password and complete the checkout process.
- 2) If you don't have an account, it will prompt you to complete the process to create an account and then proceed with the purchase. *\*Please select "Create account without family" for an individual athlete account.*



The screenshot shows the login interface for Twin Cities Orthopedics and TrainingHAUS. At the top, there are logos for both entities. Below them is a section titled "Continue with mindbody". This section contains an "Email" input field and a "Continue" button. Below the "Continue" button is the word "or". Underneath "or" are two circular icons: the Google logo and the Apple logo. At the bottom of the login section are two links: "Staff-sign in" and "Facebook help?".



The screenshot shows the "Create a Mindbody family account" page. The title is "Create a Mindbody family account". Below the title is a subtitle: "Adding family to your account allows you to easily book and pay for your children". Underneath is the "Account owner" section, which includes an email field with the text "newaccount@hotmail.com" and an "Edit" link. Below the email field are three input fields: "First name", "Last name", and "Password". The "Password" field has an eye icon to its right. Below the "Password" field is a "Country" dropdown menu with "United States" selected. Below the dropdown menu is an "Add family" button. Below the "Add family" button is the word "or". At the bottom of the page is a link that says "Create account without family". A pink arrow points from the left side of the page to this link.