



# NLB JUNIOR CLUB SPORTS PERFORMANCE

## Program Details

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### NLB Sports Performance Training Details:

- Correct Lifting Mechanics
- Acceleration, Change of Direction and Top Speed
- Full Body Strength & Power
- Muscle Mass
- Injury Reduction & Proper Arm Care Protocols

### Training Schedule: Junior Club (10u – 12u) Dec. 1<sup>st</sup> – Mar. 14<sup>th</sup>

- Monday – Thursday: 5:30p – 8:30pm
- Saturday: 8:30a – 10:30am
- Sessions are 1 hour long and scheduled before and after baseball skills sessions at NLB
- Please note:
  - No sessions will be held Dec. 24<sup>th</sup> & 25<sup>th</sup>
  - No sessions will be held Jan. 12<sup>th</sup> – 17<sup>th</sup>

**Training Location:** Nevers Larkin Baseball | 7104 Ohms Lane, Edina, MN, 55439

## Costs & Registration

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Training Package	Package Cost	Registration Link
28 Sessions x2/Week	\$525 – \$18.75/Session	<a href="https://TrainingHAUS.com/NLB-Jr-28-Sessions">TrainingHAUS.com/NLB-Jr-28-Sessions</a>
42 Sessions x3/Week	\$787.50 – \$18.75/Session	<a href="https://TrainingHAUS.com/NLB-Jr-42-Sessions">TrainingHAUS.com/NLB-Jr-42-Sessions</a>
56 Sessions x4/Week	\$1,050 – \$18.75/Session	<a href="https://TrainingHAUS.com/NLB-Jr-56-Sessions">TrainingHAUS.com/NLB-Jr-56-Sessions</a>

## Meet Your Coach:


Ethan Krehbiel-Valoaga will be your performance coach at Training HAUS – Waconia. He strives to help athletes accomplish all their goals on and off the field of play. He has participated in competitive baseball programs for over 20 years. Ethan graduated from Bethel University where he played baseball competitively. Ethan has over 8 years of coaching experience in baseball coaching for various Twins Baseball Camps, and coaching at Great Lakes Baseball Academy, and has been coaching with Training HAUS for 3 years.




## 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. **As a reminder, if you already have a Training HAUS account, please do not create a new account.***

**STEP 1:** Select the link above for 28, 42, or 56 sessions, select **CHECKOUT**.

 Shopping Cart

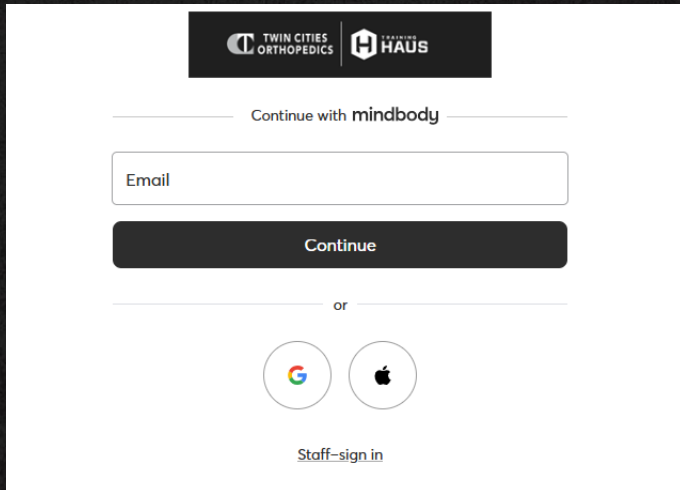
Item	Price	Quantity	Total
NLB Sr Club (13u+) 2x/wk. 11/17/2025-3/14/2026	\$600.00	<input type="text" value="1"/>	\$600.00 

By clicking "CHECK OUT", you agree to receiving SMS from TCO | HAUS to the number on your profile with updates about your reservation. [SMS Texting Terms apply.](#)

Subtotal (1 item)	\$600.00
Tax	\$0.00
<b>Order Total</b>	<b>\$600.00</b>

[Continue Shopping](#)

**STEP 2: ENTER** your email. Please note: you do NOT need to create a new account if you are a returning athlete to Training HAUS.





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Continue with mindbody

Email

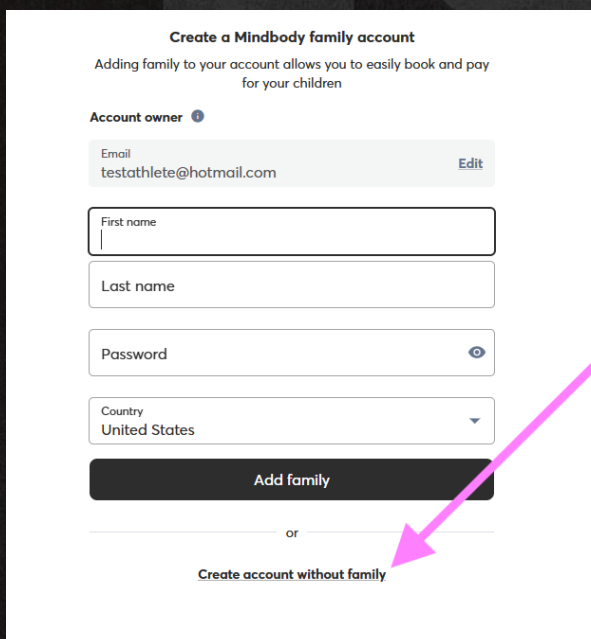
Continue

or

[Staff-sign in](#)

**STEP 3:** If you are new to Training HAUS, it will ask you to complete filling out your profile and accept the liability waiver. If you entered an email that is affiliated with an account you already created, it will ask you to login.



Create a Mindbody family account


Adding family to your account allows you to easily book and pay for your children

Account owner ⓘ

Email: testathlete@hotmail.com [Edit](#)

First name

Last name

Password 

Country: United States

Add family

or

[Create account without family](#)