



NLB SENIOR CLUB SPORTS PERFORMANCE – SUMMER ATHLETES ONLY

Program Details

NLB Sports Performance Training Details:

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

Training Schedule: Senior Club (13u +) Nov. 17th – Mar. 14th

- Monday – Thursday: 5:30pm – 8:30pm
- Saturday: 8:30am – 10:30am
- Sessions are scheduled 1 hour before and after practices at NLB
- Please note:
 - No sessions will be held Nov. 26th & 27th and Dec. 24th & 25th
 - No sessions will be held Jan. 12th – 17th

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

Costs & Registration*

*We are offering a discounted rate for SUMMER ATHLETES ONLY. Use promo code “NLBpromo” (case sensitive) at checkout for the discounted cost below.

Training Package	Original Package Cost	Discounted Cost with Promo Code “NLBpromo”	Registration Link
32 Sessions x2/Week	\$600 – \$18.75/Session	\$320 – \$10/Session	TrainingHAUS.com/NLB-Sr-32-Sessions
48 Sessions x3/Week	\$900 – \$18.75/Session	\$480 – \$10/Session	TrainingHAUS.com/NLB-Sr-48-Sessions
64 Sessions x4/Week	\$1,200 – \$18.75/Session	\$640 – \$10/Session	TrainingHAUS.com/NLB-Sr-64-Sessions

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 32, 48, or 64 sessions. Enter the promo code “NLBpromo” (case sensitive). Click **APPLY**. Select **CHECKOUT**.

The screenshot shows the Training HAUS website's shopping cart. At the top, there are navigation links: CLASSES, ACE, PRIVATE TRAINING, MASSAGE, CHIRO, MTA TRAINING, SALVO TRAINING, and HEALTH C. Below the cart header, a table lists the items in the cart:

Item	Price	Quantity	Total
NLB Jr Club (10u-12u) 4w/ek, 12/1/2025-3/14/2026	\$1,050.00	1	\$1,050.00

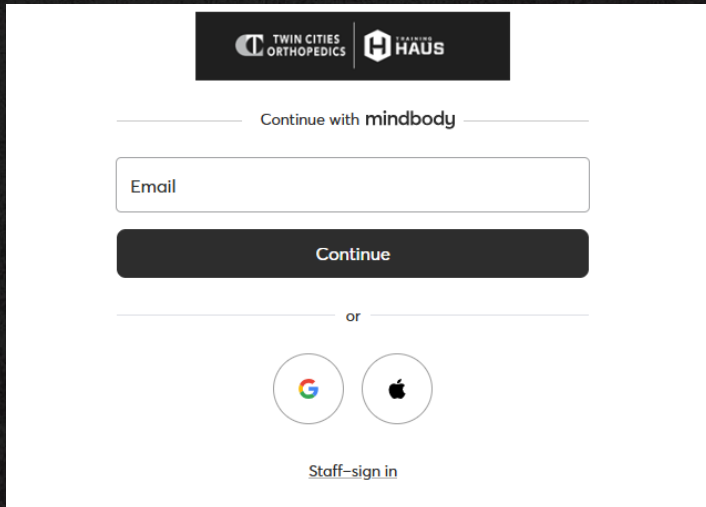
Below the table, there is a section for applying a promo code. It includes a text input field labeled "STEP 1" containing "NLBpromo", and a button labeled "STEP 2" with "Apply". A pink arrow points from the "Apply" button to the "CHECK OUT" button at the bottom right. The "CHECK OUT" button is labeled "STEP 3".

At the bottom of the cart, there is a summary section:

Subtotal (1 item)	\$1,050.00
Tax	\$0.00
Order Total	\$1,050.00

Below the summary, there are two buttons: "Continue Shopping" and "CHECK OUT".

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.





TWIN CITIES ORTHOPEDICS | TRAINING HAUS

Continue with mindbody

Email

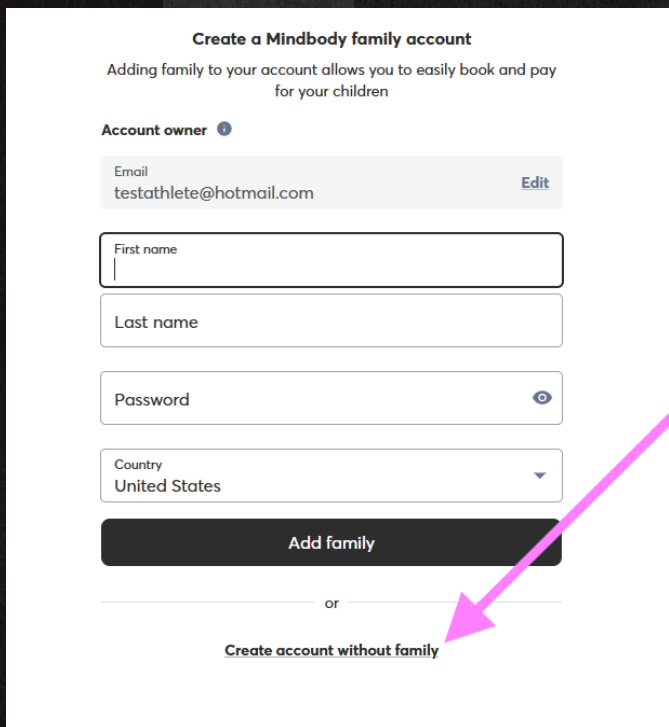
Continue

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](#)