



DATE: July 24, 2025

TITLE: Englebert Training Systems (ETS)

TYPE: Information

PRESENTER: Activities Director Katie Carter

BACKGROUND: Englebert Training Systems (ETS) is a nationally recognized athletic performance training organization that partners with schools to enhance strength, speed, agility, and injury prevention for student-athletes. ETS provides structured, sport-specific training led by certified performance coaches. The partnership aims to supplement existing athletic programs by offering high-quality training that aligns with our district's commitment to student well-being, athletic development, and competitive excellence.

RATIONALE: The partnership with Englebert Training Systems (ETS) builds on the momentum and investment made through the Adam Thielen Foundation weight room renovation by providing expert-led performance training to fully utilize this enhanced space. ETS specializes in strength, speed, and injury prevention training for student-athletes of all ability levels, offering structured programming aligned with the latest in sports science and athlete development. This collaboration ensures our students have equitable access to high-quality training in a safe, modern facility—supporting their physical development, confidence, and long-term success both in athletics and beyond. It reflects our district's commitment to maximizing resources and fostering a culture of excellence.