

# STRENGTH & CONDITIONING



## CALLING ALL STUDENT ATHLETES!

Off-season athletic training is coming to L'Anse Creuse!

- ✓ Available for 8th – 12th grade students
- ✓ Located at **both** high schools
- ✓ **Free** athletic conditioning with trained professionals
- ✓ Focus on volleyball, football, and basketball, but **all** off-season athletes are welcome
- ✓ Training 3-4 times per week in offseason
- ✓ Students who regularly train are more likely to see an increased GPA average
- ✓ **Only** for district athletes

## TRAIN LIKE THE PROS

Co-founders Justin Cherocci and Doug Vanelslander are former CMU football players with the experience to bring your student's game to the next level.

L'Anse Creuse's very own Tyler Conklin worked and trained with Justin and Doug!

## REGULAR ATHLETIC TRAINING...

- helps build the physical fitness necessary for excelling in competition
- help athletes hone their skills and techniques to improve performance
- trains discipline, commitment and teamwork among athletes
- instills valuable life skills

### For more information:

Contact Athletic Director  
Drake Okie at (586) 350-9069



Monday, March 4, 2024

### Relentless Pursuit Business Portfolio

#### Background:

Owners Doug Van Elslander and Justin Cherocci played collegiate football at Central Michigan together and graduated with business degrees in entrepreneurship. Relentless Pursuit specializes in team and individualized athletic training, along with various sports ranging from youth to professional athletics

#### Teams trained under Relentless Pursuit:

- Roster of 40+ strength athletes
- Brother Rice High School – football, lacrosse
- Clintondale High School – football, volleyball, basketball
- Oakland Jr. Grizzlies – various age groups
- Fraser High School – football, volleyball, basketball

#### Athletes – NFL:


- Tyler Conklin – New York Jets (training since rookie year)
- Kavon Frazier – Dallas Cowboys
- Delshawn Phillips – Baltimore Ravens
- Joey Ostman – Philadelphia Eagles
- Leterius Walton – Pittsburgh Steelers

#### Collegiate Athletics – College Football/Hockey & various other sports

- Jack Saylor – Michigan State
- Nick Bowman – Rensselaer College
- Ryan Irving – Northwood University
- Max Saylor – Central Michigan
- Jeff Strome – Central Michigan
- Tommy Liesveld – Michigan State

With our combined 30+ years playing of football youth to professional level we are committed to bringing the best package overall to your athletes. Our 7,000 sq ft facility located in Troy allows us to push one to achieve their full potential.

2241 Bellingham Drive  
Troy, MI 48083

 @relentlesspursuittroy1

Tyler Conklin

3-17-24

Endorsement for RP

My name is Tyler Conklin and I am a proud LCN alumni. Currently I am going into my seventh season in the NFL and third with the New York Jets. Once I am done playing, one of my main goals is to do everything I can to help make L'Anse Creuse the best district it can be. The people and kids of our communities deserve the best. They deserve the best resources, academics, athletics, and the best people around them to help reach whatever goals they have in life.

While I am playing. It is really important for me to slowly become involved with the community and district in whatever ways I can. One of the first things I have been working on with AD Drake Okie is implementing a strength and conditioning program for our athletics. I have used the same trainers throughout my whole career to help me perform at the highest level possible. Now I want to help bring them into our schools to help not just our programs, but the overall development of the kids.

Doug Vaneslander and Justin Cherocci own a gym and specialize in training athletes individually and in team environments. They won't only help teach your kids the proper way to lift, but they will maximize their performance and bring an element of mentorship that is unmatched. We are really looking forward to getting this program started and expanding it as much as possible year by year. Please feel free to reach out to me about anything. I want to be a resource for this community and school district in any way I can.

Sincerely,

Tyler Conklin

I had the pleasure of working with Justin Cherocci and Doug Vanelslander when I was in high school starting the summer before my sophomore year. I was at a point in my life where I was not performing the way I knew I could and I attributed that to the fact that I was purely not strong enough. My brother introduced me to the two of them and I can honestly say that these two men changed the trajectory of my softball career throughout high school and I could not be more thankful for the role they played in my life during that time.

I had no prior experience with any type of weight training and they worked with me every step of the way. They took the time to show me how to properly train in a weight room which can be an extremely intimidating space for someone who has never stepped foot in one. They also took their time to make sure that I trained without significant weight first because they knew that I needed to build up enough strength to be able to lift heavier throughout our training sessions together. I trained with them for two years straight and my improvement was astounding. I felt stronger than I ever had before and saw that translate onto the field in the seasons that followed. Justin and Doug truly changed the player that I was in high school and I wouldn't have had the same success without their help.

The two of them were able to take me from being a scrawny, small player to someone that felt not only physically stronger but mentally as well. They instilled loads of confidence in me that I was not getting before and I cannot thank them enough for their support and training throughout the years. Throughout my softball career, I was able to become a captain, double my batting average from when I started, and become an All-State player my junior year. These two men have what it takes to help transform other athletes like myself into players that have loads of success whether that just be in high school or if those players decide they want to play at the next level. Having them as part of your athletic program is something that you will not regret and they will be able to help so many athletes like they did for me so many years ago.

- Olivia Green