



Elite Performance Training
(Frozen Ropes) 6000 W. Touhy - Chicago, IL 60646
773.631.4300
www.frozenropes.com/chicago
www.elitepftchicago.com
(under construction)

My name is Ryan Cadaret and I am the Head Trainer/Performance Coach of Elite Performance Training. We work with athletes from junior high through the professional level. Elite's Trainers have experience training numerous NFL, MLB, AFL and PGA athletes to become better on the field/course of play. Our client list includes 6 MLB All-Stars, 1 Gold Glove Winner, 4 World Series Champions, 1 AFL MVP and 1 AFL Rookie of the Year. Our facilities are designed specifically to service the strength and conditioning needs of athletes of all levels. Elite will provide your players with a challenging, professional and safe training experience. By training with us, your players are also guaranteed that they will be training in a system that is up to date, scientifically based and empirically proven. Whether you have an injured athlete trying to make a comeback or players looking to maximize their athletic potential, Elite will help them achieve their goals.

Ryan attended Arizona State University where he received his Bachelors degree in Kinesiology and a Minor in Sport Psychology while graduating with Cum laude honors. Post undergraduate, Ryan attended A.T. STILL University where he received his Masters degree in Human Movement. Ryan played collegiate soccer and participated in the Olympic Developmental Program for the United States Soccer Association from ages 12-17. He also served as the Head strength and conditioning coach for the Arizona Rattlers of the Arena football league and has experience training multiple MLB, NFL, PGA and Amateur athletes. Ryan's passion and knowledge for training makes his work vital to Elite Performance Training. His work and dedication has helped hundreds of athletes meet or exceed their athletic training goals.

If there are any further questions regarding our programs or facilities, please call me at 773.631.4300 or email me at chicago@frozenropes.com.

Sincerely,
Ryan Cadaret, M.S. CSCS
Elite Performance Training

Location

Located inside Frozen Ropes Training Facility
6000 W. Touhy
Chicago, IL 60646

Client List

Baseball

Howie Kendrick	2B	Angels
David Aardsma	P	Mariners
JJ Hardy	SS	Orioles
Nelson Figueroa	P	Astros
Matt Palmer	P	Angels
Jason Bulger	P	Angels
Will Ohman	P	White Sox

Football

Rod Windsor	WR	Browns
Fabrizio Scaccia	PK	49ers
Anntaj Hawthorne	DL	Raiders
Nick Davila	QB	AZ Rattlers
Darryl Shropshire	DL	Falcons
Todd Devoe	WR	Broncos
Kelvin Morris	LB	Chicago Rush

And many more...

TESTIMONIALS

PRO FOOTBALL

Fabrizio Scaccia - San Francisco 49ers, *K

"While training with Ryan during the 2010 Arizona Rattlers season, I received a great deal of attention and detail to my program. Being a former soccer player, Ryan knew the correct technique and variables that go into being an elite kicker. His workouts provided me the opportunity to get signed to a 3 year contract by the 49ers."

Rod Windsor - Cleveland Browns, *WR

"During the year I worked with Ryan, I put up the best season as a wide receiver in AFL history. I broke multiple records including receiving TD's, yards and receptions. I won Rookie of the Year and was signed by the Sacramento Mountain Lions of the UFL directly after the Rattlers season ended. I was eventually signed by the Cleveland Browns and Ryan's workouts are a testament to my success."

Nick Davila - Arizona Rattlers, *QB

"Being a quarterback/Pitcher, I use my arm quite extensively. Keeping my arm healthy is vital for my success on the field. Ryan's workouts provided that for me during my record setting year with the Arizona Rattlers. I had the best year of my career and would like to endorse Ryan as a Strength and Conditioning professional."

PRO BASEBALL

Jeff Ridgeway - Atlanta Braves, *Pitcher

"Ryan's workouts provide individualized training and he really gets to the point and attacks each bodily function. His workouts will get you ready for the upcoming season and keep you healthy."

Matt Palmer - Los Angeles Angels, *Pitcher

"My issues were different than most athletes. I explained my concerns with Ryan and he developed a program for my needs specifically. This is the best I have felt pitching in years and would like to thank Ryan for his hard work and dedication to me."

Jason Bulger - Los Angeles Angels, *Pitcher

"I have trained with Ryan while he worked at Pro Advantage Training Systems in Tempe Arizona for the last 3 years. The training I have received is a big reason I am in the big leagues and have stayed there. The workouts that Ryan and Pro Advantage have provided me have been very instrumental in my career."