

# TRAINERS

**EJ BARTHEL** (Owner): 2003 graduate of Becton Regional H.S., All-State performer in football. EJ went on to play for Rutgers University and University of Massachusetts. After college football, EJ was invited to the NY Giants mini camp in 2008 and 2009. EJ signed with Jim Fassel to join the inaugural season of the United Football League, playing for the Las Vegas Locos and was the only rookie to start every game as a full back. The Las Vegas Locos won the 2009 UFL championship. EJ started ETS in 2009 and is quickly becoming the top training program in North Jersey. EJ uses his athletic ability, experience and knowledge from his career to successfully train professional and young athletes. Throughout EJ's continuing football career he has trained with some of the top athletic coaches and trainers including: Jason Butler, Strength and Conditioning Coach Rutgers University, Matthew Brand, Head Strength and Conditioning Coach U.C. Davis, Joe Defranco, popular NFL Sports Trainer

**BRAD LISTORTI**: Was a four-year letter winner at Notre Dame of West Haven High School, excelling in both Football and Basketball and was awarded All State honors. Brad spent time with the Atlanta Falcons, New York Jets, and New England Patriots organizations working under their top level strength and conditioning coaches. In addition to the NFL, Brad has trained with some of the top athletes in the tri-state area over the past few years, helping them reach success at the high school and college level. Brad has also served as a volunteer at various Walter Camp Football Foundation Events and Clinics and the Future Star Basketball Academy Camps.

**MIKE FLADELL**: Is an Offensive Tackle for the New York Sentinels of the United Football League. Mike played college football at Rutgers and was named 1st Team All-Big East. He was also a Loyal Knight Award Recipient. Mike Fladell was signed by the New York Giants as an undrafted free agent in 2008. The 6 foot 7, 335 pound tackle also played briefly for the New York Jets before signing with the New York Sentinels in 2009.

**MIKE NUNZIATO**: Bachelors degree in Health and Fitness from Monmouth University, specializing in youth strength, speed and plyo-metric training. Full student-athletic career spanning from his high school years at Paramus Catholic as a standout 3 sport athlete in football, wrestling and baseball, to his 2 starting seasons at linebacker for 1-AA Monmouth University. Mike's years of training experience with athletes of all ages and ability has lead him to the sideline as the defensive coordinator for Kinnelon High School's varsity football team. "I believe in training an athlete to become stronger and faster by first allowing them to understand their bodies. A combination of flexibility, balance and core/hip strengthening exercises will allow these younger athletes to be able to grow into something great."



