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## Are You Ready?

### Take your game to the NX Level

Start now and ensure a difference in your game. NX Level offers professional coaches to help you succeed.

[Click here](#) to learn more about our trainers or to schedule a fitness evaluation with one of our professionals today!

Visit our [website](#) to discover what NX Level can do for you.

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### Are You Getting Your 9-13 Daily?

A convenient and inexpensive way to bridge the gap between the fruits and vegetables you and your children should eat and what you actually eat. Kids are FREE [Click here](#) to find out more!

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### Nutrition Tip of the Month

What tastes great in many foods, improves cholesterol and is an antioxidant?... [Click here](#) to find out!

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### Fitness Tip of the Month

Do you get the all the benefits from your workout? Make sure you include this important step... [Click here](#)

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### Congratulations to NX Level Athletes that have been offered scholarships this year!

We are so proud of you! These success stories make us work even harder to help others achieve their dreams. The competition in the sports arena is tough and NX Level enjoys providing an athletic edge.

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### Adult Fitness Camp Achieve Results and Live Healthy August 2nd - August 28th



## Trainer of the Month

**Nic Hansen**



#### Education:

UW La Crosse - BS in Exercise Sport Science with a Fitness emphasis, Minor in Recreational Management, Double Concentration in Strength and Conditioning and Coaching Competitive Athletics

#### Favorite Food:

Subway BMT, pepperoni pizza and burgers from wherever

#### Favorite Movie:

Too many... Labyrinth, American History X, Dark Knight, TMNT I & II, Spaceballs, Old School, The Hangover, Crash and Supertroopers

#### Favorite Book:

I don't really have a favorite, but *In Cold Blood* by Truman Capote comes to mind

#### Favorite Song:

Currently Eminem & Rihanna "Love The Way You Lie," Johnny Cash, Waylon Jennings,



### ***"Better Than Boot Camp"***

Our Fitness Camp is ready for you. Brandon Dean, Fitness Camp Coach, offers morning and evening classes. Starting in September NX Level will have Fitness Camp in Waukesha. Fit a class into your schedule and see the difference fitness makes in your life. [Click here](#) or call 262.719.4270 to find a time that works best for you.

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## **NX Level Athletes In the News**

- + [Derek Landisch, linebacker, accepts scholarship offer to UW Madison](#)
- + [Gavin Hartzog will attend and play hockey at UW this season](#)
- + [Running back/linebacker Derek Watt accepts football scholarship offer from Northwestern](#)
- + [Defensive end / outside linebacker Blake Mattson receives scholarship offer from University of South Dakota](#)
- + [NX Level athletes Tyler Brusky, Mike Mierow, and Jordan Paszak to compete in the WBCA All-Star Classic](#)
- + [Division 1 basketball title celebration for Ben Mills](#)

You've worked hard to accomplish what you set out to do and we want to hear about it. Send your recognitions, championships, and photos to: [maryk@nxlevelathletics.com](mailto:maryk@nxlevelathletics.com)

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**NX Level Partners with Teams and Clubs** NX Level recognizes that it takes a team effort to be successful today on the field and on the court. With our Partnership program, our performance coaches will help your team take it to next level. To learn more about the NX Level Team

and Willie Nelson "Highway Man," Blue October "Chameleon Boy, Hate Me, Calling You and Jump Rope"

### **Favorite Quote:**

"Everyone starts somewhere"

### **Hobbies:**

Weight lifting, bocce ball, bags, watching movies, fishing, hanging out with friends and family

### **1 thing people probably don't know about me:**

I wanted to be an architect for the majority of my life before I got interested in the world of strength and conditioning

### **What do you consider your greatest achievement?**

1. Marrying my beautiful wife
2. Graduating college
3. Growing up but not growing old
4. Shooting a par at Swing Time Mini-Golf in Waukesha with a hole-in-one on the 18th

### **The best advice I ever received:**

"Be an expert"

### **Tip to live by:**

"Make it happ'n capt'n" meaning: nothing in life is free and no one is going to just give you what you want; figure out what you're after and make it happ'n capt'n

### **If I could have 3 wishes granted, I would wish to have:**

1. Just the powers of Superman - minus the alien background, blood and reaction to kryptonite
2. Amazing reading retention skills - chicks dig guys with really good retention skills
3. Knots of 100 dolla' billz so my jeans don't fit

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## **NX Level We Go Beyond Training**

NX Level is working to provide you with all of the tools you need to be successful. Our Additional Services:

### + [Recruitment Videos](#)

NX Level has helped over 170 athletes go on to play at both the collegiate and professional levels. In doing so, NX Level has formed a partnership with a local company to create professional videos for athletes to send to colleges. Contact us for more details.

### + [College Sports Recruitment](#)

Partnership Training Program, contact Brad at 262.522.7888. [Click here](#) to see our current list of partners.

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## Your Team Can Rent Our State-of-the-Art Facilities



[Click here](#) to learn more about renting our facilities.

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Waukesha, WI 53187

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NX Level has partnered with NCSA to provide athletes assistance in college recruitment.

+ [Health & Nutrition](#)

NX Level partner [AdvoCare](#), a nutrition supplement line, provides you with the nutrition you need before, during, and after your training sessions.

NX Level partner [Juice Plus+](#), a whole foods provider, bridges the nutrition gap to meet the USDA standards.

Children's program - **FREE!**  
[More information please!](#)

+ [Guest Speaking](#)

NX Level is committed to helping teams and organizations stay one step ahead of their competition. Contact us to speak at your next event and learn the key training tips that will improve your performance while staying injury free.

+ [Vanco Fitness Rewards Program](#)