

Dylan Erickson, ACE

Elevate Performance Trainer

Elevate Personal Trainer



Growing up in Carmel, Indiana, I had a passion for athletics & youth ministry. I sustained multiple injuries during my athletic career that restricted my ability for consistent participation. After pouring a lot of effort and time into my rehabilitation I found a great respect for the human body and a spark of interest in sports performance while enjoying intramural and rec league athletics. I also served in different forms within the church, leading me to attend Taylor University in 2018 to pursue youth ministry.

In 2020, I began working for a daycare, while at the same time beginning to take my own physical training more seriously. I started by experimenting with different programs and techniques to obtain the best results. Despite a lot of trial and error, I began to improve.

In the summer of 2020, I decided to join the Navy in order to continue my education. I was stationed in South Carolina as part of the Navy's nuclear operating program. While in the Navy, I continued to strive for performance goals. I was elected the PT leader of my class in order to help other service members train to meet physical performance requirements. I was in South Carolina for 2 years as part of my service, and was honorably discharged in December of 2022. During this time I met my wife, Hannah, and we were married in August 2022.

Before leaving the Navy I wanted to find a career that would involve physical and performance training as well as something where I could serve others and impact their lives in multiple ways. In 2023, I became an ACE certified personal trainer and shortly after began my 5 month Jump Residency to become an Elevate Performance Coach! The Jump Residency took me through an extensive educational venture of anatomy, physiology, and biomechanics to train individuals to move effectively and explosively. As a Jump Resident, I myself went through the extensive Jump Program focusing on mastery of each exercise and witnessed incredible personal improvement!

I am excited and passionate to use everything I have learned from ministry, the Navy, and the Jump Residency to optimize results for our athletes on and off the court/field.