

FERRIE'S PEAK PERFORMANCE PROGRAM SPRING LIFTING CAMP

FP3 will be running a spring lifting camp at the CHC facility (Sanford Rink) from **Monday, April 12th through Friday, May 28th**. This camp is available to all kids who will be 1st year bantams/15U and older in the fall of 2021. **The cost of this 7 week camp will be \$200** (\$25 off/ per athlete for 2 athletes from same family). **Masks are mandatory.**

M,T,TH,F 5:45-6:45am (High school girls/15u)
6:45-7:45am (High school boys/bantams)
or
3:15pm-4:15pm (High school boys/bantams)

This camp will focus on getting the athlete stronger. Unlike the other FP3 camps, we will not be doing the movement training like running or jumping. This camp is simply to get our athletes stronger to help increase their speed and explosiveness as well as help reduce injuries.

FP3 is not for everyone. Joel Ferrie demands hard work and discipline from all his athletes. If your son or daughter is not ready for that type of commitment, this program is not for them. FP3 is not a daycare and will not be run like one.

Joel Ferrie is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. Joel has served as:

MYHA assistant strength coach	2003-2007
MYHA strength coach	2008-present
Concordia men's hockey strength coach	2006-2008
Concordia women's hockey strength coach	2007-2010
Concordia football strength coach	2009-2010
St. Mary's women's basketball strength coach	2013-2015
Moorhead High boys hockey strength coach	2012-present

He is fortunate enough to have worked with Matt, Mark and Joe Cullen, Chris Vandavelde, Jeff Foss, Chance Bitzer, Brianna Storms, Kara Werth, Brian and John Lee. He has also worked with many more Division I, Division II and Division III athletes, with 20 of them becoming collegiate All-Americans in various sports.

**TO SIGN UP YOUR ATHLETE TODAY,
CALL JOEL FERRIE @ 701-306-2726
OR EMAIL HIM AT JDFERRIE@HOTMAIL.COM**