

FERRIE'S PEAK PERFORMANCE SUMMER PROGRAM

FP3 will be running a summer speed and strength camp at the Cullen Hockey Center from Monday, June 7th through Thursday, August 26th. This camp is available to all kids who will be 1st year Mites/8U or older this coming fall. The times/days/cost of this summer camp will be as follows (use fall 2021 hockey age):

Mite/8U	\$325 (T & TH)	11:45-12:45
Squirt/10U	\$325 (T & TH)	10:45-11:45/11:45-12:45
PW	\$425 (M, T, TH)	10:00-11:00
Bantam	\$500 (M, T, TH, F)	8:00-9:45am
HS Boys	\$550 (M, T, TH, F)	6:00-7:45am
12u	\$425 (M, T, TH)	2:15-3:15 (Coached by Allie Bondy)
15U	\$500 (M, T, TH, F)	1:15 (right after Coach Kraft)-3:15 (Coached by Allie Bondy)
HS Girls	\$500 (M, T, TH, F)	12:30-2:15 (Coached by Allie Bondy)

Discount of \$25 per athlete for 2 athletes from same family-\$50 per athlete for more than 2

We will be working first and foremost on increasing athleticism through hard work and discipline. We will accomplish this by focusing on strength, speed, agility, footwork, explosiveness, hand-eye coordination, flexibility and efficiency of movement with all athletes.

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:

Assistant strength coach at MYHA	2003-2007
Strength coach at MYHA	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 Boys Hockey Strength Coach	2012-present

He is fortunate enough to have worked with Matt, Mark and Joe Cullen, Chris VandeVelde, 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**