



UPDATE!
NEW Health & Safety Training Protocol

High School Students/Athletes!

FITNESS CAMP

Co-ed training sessions:
Round I: June 15-July 24
Round II: August 3-28
Break: July 25-August 2

Limited to the same 4 athletes per section. 1 coach per section.

Running
Cycling
Erging
Weights
Plyometrics
Flexibility
Mobility

Location
P3PE Barn-Sherman Mills

4 SECTIONS Each meets 3x weekly
Mon-Wed-Fri: 8:30am-10:30 OR 4:30pm-6:30
Tues-Thurs-Sat: 8:30am-10:30 Sat. 9:30am-11:30
OR 4:30pm-6:30 Sat. noon-2:00pm

Questions/Registration: Please contact
Cassandra Cunningham

Fee \$50 per session

Cunninghamcassandra72@gmail.com



Cassandra Cunningham
 *30 yrs. coaching & rowing
 * Medal-winning Junior National Team Coach
 * Founder/Owner: P3 & P3PE
www.priorproperplanning.com

Lindsay Meyer Clarke
 *11 yrs. coaching
 *2008 Olympian
 *2009 NCAA Champion
 *Junior, U23, World, & Pan-Am Medalist
 *Ph.D. candidate



Coaches



Michael Irwin
 *35 yrs. coaching & rowing
 * Head Men's Coach St. Joseph's U. (2011-present)
 *Head Boys Coach, Essex Rowing
 *Head Ltwt. Men's Coach, U. of Penn*Ass't. Men's Coach, Yale U.

Kevin Leslie
 * Assistant Coach St. Joseph's U. Men's Rowing (2016-present)
 *Nat'l Academy of Sports Med. - Certified Personal Trainer
 * Boston Marathon 2020 qualifier

