



# FIELD HOCKEY SPEED DEVELOPMENT & CONDITIONING CAMP

8<sup>TH</sup> GRADE - COLLEGE

- ✓ POWER & ENDURANCE TRAINING
- ✓ SKILL WORK & MULTIDIRECTIONAL MOVEMENT
- ✓ SPEED & AGILITY | FIRST STEP DEVELOPMENT
- ✓ RECOVERY & MEAL PLANNING FOR TOP PERFORMANCE



MON - THUR  
8<sup>AM</sup> - 10<sup>AM</sup>

**JULY 21 - 24**

## JUMP START YOUR FALL SEASON!

With over 30 years of experience working with pro, college, and high school athletes, JD Cherry is the regions premier strength & conditioning coach. His science-backed training methods maximize athlete performance while dramatically reducing the risk of injury.

Peyton Becker is a Field Hockey Specialist and Trainer at One More Rep, Assistant Coach for Pocomoke Field Hockey, and played 4 years in the Big Ten Conference at Indiana University (NCAA D1.) Train with a local legend who knows what it takes to win!



**JD CHERRY**

STRENGTH, CONDITIONING  
& SPORTS PERFORMANCE SPECIALIST

**PEYTON BECKER**

FIELD HOCKEY SPECIALIST &  
SPORTS PERFORMANCE TRAINER

**\$99** LIMITED SPACES  
FIRST COME FIRST SERVED BASIS



Camp Held At Fruitland Falcons  
Youth Sports Fields

Inclement Weather Location:  
One More Rep, 799 N. SALISBURY BLVD #1200 SALISBURY, Md

REGISTER ONLINE:  
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410-430-1652