



June 12, 2023

To parents & participants:

It is with great pleasure to announce our annual summer ESCP (Elite Strength and Conditioning Program) this year, geared towards developing young elite Cree athletes.

The foundation of this program is consistency, the willingness to learn and participation. Success is a model which takes daily tasks, hard work and motivation to achieve long term goals. There are no short cuts to success, and we pride ourselves on providing a strict, yet flexible training and personal development program for Cree athletes.

The experienced trainers have played University Sports or NCAA football and have been elite athletes most of their lives. They will provide support, encouragement and a positive environment for all athletes to succeed.

This program demands commitment and anything less will not produce results. **Please be advised that participants that fail to follow these rules (below), or engage in foul play and are absent frequently will be asked to leave the program for this current year.**

- Be Coachable ! Listen and learn.
- Positive comments are important! Encourage others at all times!
- No AirPods/Beats/ Head sets are allowed in the training areas. Phones will also not be permitted during training sessions. Screen Free environment is in effect!

Our goal is to help create a structured and progressive environment for young Cree athletes to develop life skills, a sound training background and goal oriented progress.

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