

STRONG | CONSTANCY | DEDICATION



STRENGTH CAMP

SEPTEMBER 13 & 14

Friday | 4:00 p.m. - 8:00 p.m. ❖ Saturday | 8:00 a.m. - 12:00 p.m.
1 Hour on Ice | 3 Hours Instruction & Classroom



RANDY BEHR - M.A., CSCS, MORR-CSPS, COOPER'S BIOMECHANICS & FITNESS DEVELOPMENT TRAINING

Randy is a 1988 Graduate of Dubuque Senior and earned his degree in sports fitness from Coe College. With over 25 years in sports & fitness, Randy is experienced in coaching, teaching, and strength & conditioning as an Athletic Director, Health Educator, Sports Information Director, P.T. Education Director, and Fitness Director with the NJCAA, USA Track & Field, Arena Football League, Olympic Training Center, YMCA, Military, and the California Football Association. Randy has served as Strength Coach for the South Korean Olympic Track & Field Team, and as the Senior Instructor for the Department of Defense. He has trained over 1,000 athletes in multiple sports to include football, baseball, basketball, rugby, soccer, track and field, swimming, volleyball, tennis, mixed martial arts and golf.

\$75

PER PERSON

LARRY HUSEMANN, DBQ DEVILS HOCKEY MANAGER

CALL : 563 213 1574

Must be registered by September 1, 2019.

Coaches are welcome. Open to all peewees, bantams, high school, and up.