

Athletic Performance Camp

Train with the best.



Meet Our Expert



Jocelyne Lamoureux-Davidson, Altru's Performance Enhancement Specialist, earned a Master of Science in kinesiology at the University of North Dakota and is a certified strength and conditioning specialist. Her experience with world-renowned strength coaches and high level sports competition will offer a unique opportunity, helping athletes of all levels gain confidence and be the best they can be. A Team USA women's hockey player, Jocelyne is a two-time Olympic Silver Medalist, three-time World Champion and two-time NCAA first team All-American.

This eight-week program offers focused training in speed, strength, conditioning and agility. Our multi-disciplinary approach fits the needs of athletes of all sports, focusing on fundamental training principles.

Program Details:

- » Mobility
 - » Injury Prevention
 - » Linear/lateral speed development
 - » Power and strength development
 - » High intensity conditioning
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January 12 - March 6

Middle School:

Monday & Wednesday | 4 - 5 p.m. | \$120

High School:

Tuesday & Thursday | 2:30 - 3:45 p.m. | \$175

Tuesday & Thursday | 4:00 - 5:15 p.m. | \$175

For more information or to register call the Sanny & Jerry Ryan Center for Prevention & Genetics at 701.732.SPORT.