

# Organization, Professionalism, Communication

Dedicated to teaching individuals good habits and practices through training, guidance, and coaching.

## **P3PE is driven by the belief that everyone can benefit from athletic pursuits.**

Our impact extends beyond building strength and improving cardiovascular capacity: P3PE shapes your identity as an athlete, helping you embrace fitness as a lifestyle and enlist prior proper planning in all aspects of life.

P3PE supports individuals of every age and at every stage of life and experience. We also provide a consistent training facility for programs that do not have a dedicated home, including high schools, Dragon Boat Clubs, Community Rowing Programs, and guest lecturers/specialized presenters.

**P3PE cultivates a supportive atmosphere for athletes, teachers, and coaches to learn about training approaches – and about themselves.**



**Prior Proper Planning Prevents Poor Performance**

## **Meet Cassandra**

Over the last 27 years, Cassandra Cunningham, the owner and coach of P3PE School of Physical Education in Philadelphia, Pennsylvania has developed youth and adult athletes as well as students at the club, high school, collegiate, and international levels.

While attending college in California, Coach Cunningham earned three state championship titles and won the 1995 Pacific Coast Rowing Championships in the Women's Varsity Eight.

In 1996, she earned a Bachelor of Science in Physical Education. After graduation, she spent three years training with the Women's U.S. Rowing National Team. She is a five-time winner at the US National Elite Championships.



*"I am balanced, organized, disciplined, and have solid listening and communication skills. I am truly engaged by new challenges and have the ability to adapt to change quickly."*



**Power of 3, LLC dba P3PE School of Physical Education**



**Prior Proper Planning**

Expert Fitness Training for Students, Athletes, and Coaches

## **Contact Us Today**

(650) 278-0307 | [cunninghamcassandra72@gmail.com](mailto:cunninghamcassandra72@gmail.com)  
3502 Scotts Ln 101 b, Philadelphia, PA 19129

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## ARE YOU NAVIGATING COLLEGE SELECTION? LET ME GUIDE YOU.



### One-to-One Mentoring for the High School Student-Athlete on the College Selection Process

My aim is to help you create a plan to select a college that is the right fit for you, both academically and athletically. With extensive experience as a college selection counselor, Ivy League crew recruiter, rowing coach on the high school/junior, college, and national team levels, and U.S. National Rowing Team athlete, I will help you design an individualized, step-by-step college selection plan.

My approach includes counseling you on setting goals and learning about:

- Questions to ask during the college selection process and effective communication approaches
- Focusing on right fit for you.
- Why do you need athletics?
- Finding balance academically, athletically, and socially
- Understanding the transition and expectations - from high school to college rowing programs



## COACHING THE COACH Professional Development For High School Coaches

As a guest coach, I work with you at your program. P3PE coaching clinics offer guidance to strengthen your coaching skills and program. My approach and services include:

- Observing and learning about your program from the launch and/or on land and continue with a Q & A to gain more insight and perspective.
- Video Analysis: Teaching Technique and Skill Breakdown on Water and Land
- Developing Effective Training Plans
- Incorporating Proper Communication Skills with Athletes
- If required, recommend a series of professional development clinics/sessions, which allow for an effective feedback loop and assessment
- Tutorials on the college selection process targeted to athletes and parents.

### Personal Training

Power of 3's personal and group fitness training program focuses on the trainee's time management, organization and communication skills along with training them thoroughly on the technical aspects of weight training. The program also emphasizes the basic fitness of the trainees and helps them with a comprehensive physical program, thus preparing them to face the competition.

- Basic fitness
- Training for a competition
- High School Students, Adults & Seniors

## Group Fitness & Indoor Rowing Classes

In-person (in the Barn) and Virtual Classes. P3PE also offers:

- Drop-in erg, bike, and/or weight lifting
- Rental space for training (class or personal)
- Special event rental space

### Pricing

#### Personal Training

- Fitness Training/\*Rowing - 60 min. sessions
  - \$100 per session 1x a week
  - \$85 per session 2x a week
  - \$75 per session 3x a week

\* Indoor and Outdoor

#### Group Training

3 or more is considered a group session. Price listed is per person\*

- 70 min. sessions
  - \$50 per session 1x a week
  - \$40 per session 2x a week
  - \$30 per session 3x a week

\* Discounts apply if the class participants increase to 5+

### Discount Packages

- Personal Training: 8 Sessions \$600 | 60 min. sessions | Packages must be paid in full before the first session
- Group Sessions: 10 Sessions \$175 for 3 or more | 10 sessions \$150 for 5 or more | 60 min. sessions | Packages must be paid in full before the first session

### Policy

- Feel free to contact Power of 3 if you are going through financial hardships, but still interested to avail its training programs.
- Power of 3 makes considerations regarding prices in special cases.
- Cancellations/Rescheduling must be performed within 24 hours.



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