



# COMPREHENSIVE SOLDIER & FAMILY FITNESS TRAINING CENTER



**BUILDING RESILIENCE ★ ENHANCING PERFORMANCE**

Visit us on the web at  
<http://csf2.army.mil>

**Training Center Director**  
Jim Arp, SAIC  
910-908-4460  
james.w.arp.ctr@mail.mil

**Primary POC,**  
Brad Marshall, SAIC  
Performance Expert  
910-396-8878  
bradley.r.marshall5.ctr@mail.mil

**Alternate POC,**  
Jenna Weinstein, SAIC  
Performance Expert  
910-908-6152  
jenna.n.weinstein.ctr@mail.mil

## **FY15 Training Dates:**

◆ **June 14-15, 2016**  
**5:30pm - 9:30pm**

**Registration:**  
Applications will be accepted  
beginning May 16, 2015 for the  
June CP&R.

◆ **July 19-20, 2016**  
**5:30pm - 9:30pm**

**Registration:**  
Applications will be accepted  
beginning June 20, 2015 for the  
July CP&R.

Contact the Fort Bragg CSF2  
Training Center at (910) 908-4459  
to register

## **CSF2 Collegiate** **Performance & Resilience (CP&R)**

### **Who:**

Graduating High School Seniors (Class of 2016) and freshmen/sophomores currently enrolled in college.

### **What:**

Learn and apply Resilience and Performance skills to help you successfully make the transition from high school to college and perform better academically. The skills you are taught during the course will enable you to enhance your study strategies, build and maintain better relationships and effectively bounce back from adversity.

### **When:**

Tuesday and Wednesday, June 14-15, 5:30pm-9:30pm  
Tuesday and Wednesday, July 19-20, 5:30pm-9:30pm

### **Where:**

All-American Conference Room, Gavin Hall  
1 All American Way BLDG C-7417, beside the 82nd  
Airborne Division Headquarters off Gruber Road, Fort Bragg 28310 (beside Ritz-Epps Gym)



Contact the Fort Bragg CSF2 Training Center at (910) 908-4459 to register.

- ✓ Get more out of study sessions (Individual & Group)
- ✓ Spend less time studying
- ✓ Learn the benefits of study groups
- ✓ Increase GPA
- ✓ Think more clearly and accurately
- ✓ Communicate more effectively
- ✓ Create and maintain better relationships