



OPRF HUSKIES HOCKEY CLUB SUMMER DEVELOPMENT PROGRAM

Registration is now open for our summer development program
at Ridgeland Common Ice Arena

WHEN

Tuesday Nights starting
June 11th - August 13th

Group A 6:30 to 8:50

Group B 7:30 to 10:00

Dryland followed by on Ice
(1-hr On-Ice/1 hr off-Ice)

Players will be assigned
groups and notified via
email before June 11th

COST

Skaters - \$325

(limited to 50 players)

Goalies - \$225

Sign up at:

www.oprfhockey.com

SPACE IS LIMITED

Enrollment is open to incoming freshmen and rising 9th, 10th
and 11th graders in District 200. Registration closes June 8th.

On-Ice skates will focus on individual player skill development.
Each weekly session will have a specific focus including power
skating, battle camp, puck handling and possession, and goal
scoring.

Goalies will have the opportunity to develop during individual
goalie training clinics, as well as integrated game situations.

Our one-hour off-Ice training sessions will focus on building
cardio strength and flexibility, complementing the Ferrara Pan
Fitness Factory strength workouts many of our players are
participating in.

Players will split into groups by position and skill level and are
guaranteed at least 7 hours on ice with a maximum of 25
skaters on the ice per 1-hour session.

Instructors include OPRF Varsity and JV Coaches, as well as
coaches affiliated with Ferrara Pan Fitness

Once enrolled, look for an email with your players group and summer schedule which will also
be available on the OPRF Hockey Club website calendar.

Questions?

Email Rob Johnson or Chris Heyer at OPRFhuskiesHockeyClub@gmail.com