

RRICI

OUR SUMMER PROGRAM WILL FOCUS ON INDIVIDUAL SKILL DEVELOPMENT, POSITION SPECIFIC DEVELOPMENT, AND COMPETITIVE SMALL AREA WORK. WE WILL WORK ON PLAYER HABITS AND DETAILS TO GET EACH INDIVIDUAL IN OUR PROGRAM READY FOR THEIR UPCOMING SEASON.

ALL ON ICE INSTRUCTION WILL COME FROM OUR WINDY CITY DEVELOPMENT COACHES THAT INCLUDE USHL, NCAA, AND COACHES FROM















SCOTT



RASSEY MONTI

WARD

(BANTAMS AND MIDGETS)

4 OFF-ICE WORKOUTS PER WEEK

3 ON-ICE SESSIONS PER WEEK

ON-ICE TESTING, OFF-ICE TESTING

PERSONALIZED NUTRITION COACHING

BIRD SPECIAL

\$2695 AFTER APRIL 15

YOUNGER AGES AND

3 OFF-ICE WORKOUTS PER WEEK

3 ON-ICE SESSIONS PER WEEK

ON-ICE TESTING, OFF-ICE TESTING

\$2195 AFTER APRIL 15

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