

FERRARA PAN FITNESS OFF SEASON HOCKEY PROGRAM

The purpose of this camp is to give high school-aged players in the Oak Park and River Forest area a summer-long program that will elevate their skills, knowledge, and commitment on and off the ice. Our goal is to teach athletes what it means to be a true hockey player. Each player will be individually managed by our staff which will be comprised of current and retired NHL players as well as current coaches in the professional ranks.

WHY OUR PROGRAM IS UNIQUE

Each player will learn a variety of subjects that are all connected to the game of hockey, along with every day life. We will teach them how to live a healthy, balanced life through our on ice and off ice program.

Each athlete is different. We will monitor each player closely all summer long to make sure that the individual is learning, progressing and training in the right way. They will all learn very quickly that all egos are checked at the door.

For questions or to reserve a spot, please send an email with your player's information (name and birth year) to:

nello@ferrarapanfitness.com

We look forward to training your player this summer!



OFF SEASON HOCKEY PROGRAM

ON ICE PROGRAM

Our on ice program will be above and beyond what any other program has to offer. Every day there will be a number of coaches from either the ECHL, AHL, and NHL along with current or past NHL players running the program. These coaches and players will pass on the knowledge that they have of the game on a very understandable level for the kids. All aspects of the game will be covered on the ice including:

- Skating
- Passing
- Stick handling
- Shooting
- Systems
- Checking
- Shot blocking
- Defensive Zone
- Offensive Zone
- Neutral Zone

Video will be taken of players and used to help drive improvement in skills and game play. We will also show video every day of successful systems along with system breakdowns.

OFF ICE PROGRAM

Every day we will have a different lecture subject. Lectures will touch on all aspects of hockey along with important life skills. Lectures will be given by an expert in the field. Primary topics will include:

- Sports psychology
 - Nutrition
- Junior/College/Minors/NHL
- Drugs and alcohol
- What it took to win a Stanley Cup

PROGRAM COST \$750

- Includes jerseys
- Register at ferrarpanfitness.com under summer hockey camp

June 4-8 ON ICE PROGRAM DETAILS

The times below are an example of what the first week will look like, along with the rest of the summer and final week of the program. We have structured this schedule after many hours of discussing the best way for us to monitor each player's progress and to ensure each player is fully dialed into the program all summer. This is a true commitment.

* **Group A** attendees must be at Ferrara Pan Fitness in Forest Park at 8am sharp for bus departure by 8:15

* **Group B** attendees must be at Ferrara Pan Fitness in Forest Park at 8:30am to begin workout. Bus will leave at 9:30

* **Group A** On Ice 9:00-10:00am
 * **Group B** Workout 8:30-9:30am
 Work out 10:30-11:30am On Ice 10:30-11:30am

Lunch 11:30am - 12:15pm

*all players bring their own lunch

Lecture: 12:45 - 1:45pm

Video/Classroom: 12:45 - 1:45pm

Friday 2:00pm... Individual player meeting!

June 11 to August 24 OFF ICE PROGRAM DETAILS

We realize there are conflicts due to summer school and other important events. Our gym and strength coaches will be available for personal and group scheduled workout times. We highly recommend 3 days minimum and 5 days maximum of workout time. We encourage students to workout together as there is a high level of competition in the work outs. Example: if students are in summer school together they would highly benefit if they came to gym together.

* All attendees must schedule their gym time 1 week in advance for the week.

August 27-31

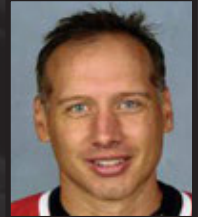
On Ice Re-evaluation - Separate Cost

NELLO FERRARA



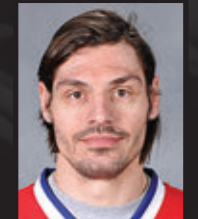
CAMP DIRECTOR
FORMER MINOR LEAGUE DEFENSEMAN
CURRENT ASST COACH
RAPID CITY RUSH ECHL

STEVE POAPST



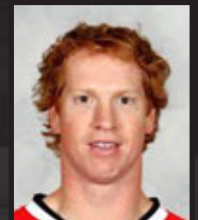
FORMER NHL DEFENSEMAN
AHL ASST COACH

BRENT SOPEL



FORMER NHL DEFENSEMAN
STANLEY CUP CHAMPION

BRIAN CAMPBELL



FORMER NHL DEFENSEMAN
STANLEY CUP CHAMPION

STEVE MCCARTHY



FORMER NHL DEFENSEMAN
AHL ASST COACH
CLEVELAND MONSTERS

AL MONTOYA



10 YEAR NHL VETERAN
CURRENT GOAL TENDER
EDMONTON OILERS

SHELDON BROOKBANK



FORMER NHL DEFENSEMAN
STANLEY CUP CHAMPION
CURRENT ASST COACH
ROCKFORD ICE HOGS AHL

KENNY MCCUDDEN



FORMER CHICAGO WOLVES SKILLS COACH
ASST COACH
COLUMBUS BLUE JACKETS

TIM STAPLETON



FORMER NHL FORWARD
Raised in Forest Park
CURRENT TEAM
EHC OLTEN SWISS LEAGUE