



FHIT & Minnesota Advancement Program

Open House

August 23-26, 2010



We would love for you to join us for our open house. Our goal as a development and advancement program is to help players reach their goals as athletes and people, whether it is DI, DIII, Varsity, National Development Camps, etc. The schedule for the open house is in the table below. Please RSVP to zebro@maphockey.net. You can to any of the days or all if you choose; we would love for you to get a feel for the program and see if it is a FHIT for you!

Monday	Tuesday	Thursday
11:00-12pm Information Session 12pm-12:45pm Shooting/ Stick handling 1:00-2:00pm Ice Session 2:15-3:15pm Off Ice Workout	10:00-11:00am Information Session 11:00-11:45am Shooting/ Stick handling 12:00-1:00pm Ice Session 1:15pm-2:15pm Off Ice Workout	9:30-10:30am Information Session 10:40-11:40am Ice Session 11:50-12:50pm Off Ice Workout 12:50-1:30 Shooting/ Stick handling

Information Session: Presentation of 4-Membership Programs and FHIT programs

Shooting/ Stick handling: Work shooting and stick handling skills in the skills area (*Please bring your hockey stick, gloves, and helmet to the session)

Ice Session: We will be working on over-speed, under-speed, skills, and battling (*Please bring your gear)

Off-Ice Workout: We will run the players through a general off-ice workout involving strength, plyometrics, and speed