



## **Spring & Summer On/Off Ice Training**

Since its inception last Spring, Fury Performance Training has been refining its hockey specific program. The current in-season program has allowed Chicago Fury players to not only maintain the gains they achieved in the off season but to actually add to them. This off season, in a break from the same old spring money grab, FPT has decided to offer an actual elite performance training program. This program is a 16 week program designed to maximize your potential. In an effort to allow as many athletes to participate as possible, FPT is charging less than \$15.00 per hour for this training.

The program will be billed in four payments over the 16 weeks. There is limited number of positions in this program due to the optimum group size for training.

The only question you have to ask is:

**Do you have the desire to become  
the best player you can be?**

**Midget 4 Day Program Apr 4 - Aug 5, 2011**

<b>12 skaters per group</b>	<u>On-Ice Tues/Thur</u>	<u>Off-Ice Mon/Tues/Thur/Fri</u>
Group 1	5:30pm	7:00pm
Group 2	6:00pm	7:30pm
Group 3	6:40pm	8:00pm
Group 4	7:10pm	8:30pm

32 hours of training over 4 weeks

Fury	\$1,500.00	<i>Additional 2 weeks of FPT starts March 21</i>	4 payments	\$375.00
Viking/AIA House	\$1,660.00	<i>Additional 2 weeks of FPT starts March 21</i>	4 payments	\$415.00
Non Fury	\$1,800.00	<i>Additional 2 weeks of FPT starts March 21</i>	4 payments	\$450.00

**Midget 4 Day**  
**4 days off-ice**  
**2 days on-ice**  
**per week**  
**32 hrs a month**

**Midget/Bantam 3 Day Program Apr 4 - Aug 5, 2011**

<b>12 skaters per group</b>	<u>On-Ice Mon/Wed</u>	<u>Off-Ice Mon/Wed/Fri</u>
Group 1	6:20pm	4:30pm
Group 2	6:50pm	5:00pm
Group 3	7:30pm	5:30pm
Group 4	8:00pm	6:00pm

26 hours of training over 4 weeks

Fury	\$1,300.00	<i>Additional 2 weeks of FPT starts March 21</i>	4 payments	\$325.00
Viking/AIA House	\$1,400.00	<i>Additional 2 weeks of FPT starts March 21</i>	4 payments	\$350.00
Non Fury	\$1,500.00	<i>Additional 2 weeks of FPT starts March 21</i>	4 payments	\$375.00

**Midget/Bantam 3 day**  
**3 days off-ice**  
**2 days on-ice**  
**per week**  
**26 hrs a month**

**Bantam/PW Program Apr 5 - Aug 4, 2011**

<b>16 skaters per group</b>	<u>On-Ice Tues/Thur</u>	<u>Off-Ice Tues/Thur</u>
Group 1	7:40pm	5:30pm
Group 2	8:10pm	6:00pm
Group 3	5:00pm	6:30pm

21.33 hours of training over 4 weeks

Fury	\$1,100.00	<i>Additional 2 weeks of FPT starts March 21</i>	4 payments	\$275.00
Viking/AIA House	\$1,200.00	<i>Additional 2 weeks of FPT starts March 21</i>	4 payments	\$300.00
Non Fury	\$1,300.00	<i>Additional 2 weeks of FPT starts March 21</i>	4 payments	\$325.00

**PW/Bantam**  
**2 days off-ice**  
**2 days on-ice**  
**per week**  
**21+ hrs a month**

**Sq/PW Program Apr 5 - Aug 4, 2011**

<b>16 skaters per group</b>	<u>On-Ice Tues/Thur</u>	<u>Off-Ice Tues</u>
Group 1	6:10pm	4:30pm
Group 2	6:40pm	5:00pm
	<u>On Ice Mon/Wed</u>	<u>Off-Ice Wed</u>
Group 3	5:20pm	7:00pm

17.33 hours of training over 4 weeks

Viking/AIA House	\$900.00	<i>Additional 2 weeks of FPT starts March 21</i>	4 payments	\$225.00
Non Fury	\$1,100.00	<i>Additional 2 weeks of FPT starts March 21</i>	4 payments	\$275.00

**Sq/PW**  
**1 days off-ice**  
**2 days on-ice**  
**per week**  
**17+ hrs a month**

**Girls Program Apr 4 - Aug 3, 2011**

<b>16 skaters per group</b>	<u>On-Ice Mon/Wed</u>	<u>Off-Ice Mon/Wed</u>
Group 1	5:00pm	6:30pm

21.33 hours of training over 4 weeks

Fury	\$900.00	<i>Additional 2 weeks of FPT starts March 21</i>	4 payments	\$225.00
Viking/AIA House	\$1,000.00	<i>Additional 2 weeks of FPT starts March 21</i>	4 payments	\$250.00
Non Fury	\$1,100.00	<i>Additional 2 weeks of FPT starts March 21</i>	4 payments	\$275.00

**Girls**  
**2 days off-ice**  
**2 days on-ice**  
**per week**  
**22+ hrs a month**



Registration and payments can be made directly on our secure website: [www.chicagofury.com](http://www.chicagofury.com)

Questions?  
 Call Jimmy Andersson  
 at 847-560-0151