



### **CCHL Spring League**

**Cost: \$250.00**

**This will be available for all incoming freshman and current freshman only. Games will be on Sunday mornings at Morgan Park Ice Arena. There will be 6 games starting on April 13<sup>rd</sup> and the boys will be provided with jerseys and socks. More details will be coming shortly. I am looking for commitments to ensure we have enough to participate.**

### **Spring Workouts – 7 Sessions - April 9<sup>th</sup> to May 21<sup>st</sup>**

**Cost: \$200.00**

**Mondays @ 5:15 pm – 6:15 pm @ Ridgeland Commons – On Ice**

**We plan on having off ice workouts during this session. Details will be forwarded to everyone once they are finalized.**

### **Summer Session I – 14 Sessions - June 4<sup>th</sup> to July 9<sup>th</sup>**

**Cost: \$400.00**

**(No Ice on June 17<sup>th</sup> – Father’s Day or July 4<sup>th</sup>)**

**Mondays @ 7:45pm – 8:45pm @ Ridgeland Commons, Wednesdays @ 6:45pm – 7:45pm @Ridgeland Commons,**

**Sundays @ 4:00pm – 5:00pm @Ridgeland Commons**

### **Summer Session II – 14 Sessions - July 11<sup>th</sup> to August 8<sup>th</sup>**

**Cost: \$400.00**

**Mondays @ 7:45pm – 8:45pm @ Ridgeland Commons, Wednesdays @ 6:45pm – 7:45pm @Ridgeland Commons,**

**Sundays @ 4:00pm – 5:00pm @Ridgeland Commons**

The purpose of our offseason programming is to keep our players on the ice and prepare them for next season. All three sessions will focus on conditioning and skill development through position specific drills (forwards / defense) as well as a variety of individual and team focused drills to isolate certain skill sets with a goal to improve the player’s agility, skating, passing, stickhandling and shooting. We will also incorporate small area games and game-like situations, so players then have the opportunity to execute the learned skills.

**An off ice conditioning program will be incorporated into the summer sessions before each ice slot. Players should plan on being at the rink for our summer workout sessions one hour before our ice slot begins and have proper shoes and clothes to work out in.**

**Please make checks payable to FHS Hockey and mail with this form to:**

**FHS Hockey  
163 Maple Avenue  
Elmhurst, IL 60126**

**Player Name: \_\_\_\_\_**

- CCHL Spring League**
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