

## FUTURE PROS COACHING STAFF

**Gary Emmons**— A former San Jose Shark and retired as the long time captain of the Kansas City Blades in the IHL. Gary is a two time Hobey-Baker (best collegiate hockey player) finalist who still holds a number of scoring records with Northern Michigan University. Gary is a co-founder of Future Pros Hockey and also coaches AA hockey.

**Pat Ferschweiler**— 8 years of professional hockey experience, 20 years of hockey school experience and co-founder of Future Pros Hockey. Pat has put Kansas City hockey on the map. Coaching his Tier II Midget team in 2004 to the Silver Sticks Championship and then leading them to 3<sup>rd</sup> in Nationals. In 2006-2007 his Tier I Midget team also finished 3<sup>rd</sup> at Nationals. Pat coaches the nationally ranked Russell Stover AAA Midgets.

**Jason Herter**— 12 years of professional hockey playing experience, including the AHL, IHL, NHL and the German Elite League, first round draft pick of the NHL's Vancouver Canucks

**Mike Aikens**— played in the USHL and received a full scholarship to Denver University, Mike has been coaching Jr A hockey for the last 12 years in the NAHL, BCHL, and the USHL

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### Future Pros Liability Release Waiver

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By having registered the person on the registration form in the program, I as a parent or guardian of the participant agree to allow the individual named herein to participate in the aforementioned activity (s), and I further agree to indemnify, and hold Future Pros, LLC, and all employees, instructors, volunteers and agents harmless from and against any and all liability for any personal injury, damage or loss of property by the aforementioned individual (s) arising out of, or in connection with, his / her participating in this activity.

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Parent / Guardian Signature & Date

## FUTURE PROS HOCKEY

### SUMMER HOCKEY CAMPS

**“Learn from the best. Learn from the Pros”**

*Future Pros Hockey* camps are designed and taught by professional hockey players for the hockey player interested in improving his or her total game.

*Future Pros Hockey's* unique approach is not only to teach the skills necessary to improve the player but also the speed at which the player executes these skills. Hockey is a fast paced game and gaining the skills is just a part of the entire equation. The real improvement comes when the player gains confidence and executes these skills while playing at full speed.

In each *Future Pros* camp emphasis is placed on learning the skills and then executing the skills in game type situations. Additional emphasis is placed on pushing the player past his or her “*playing comfort zone*”.

Each camp day has a scrimmage session aimed at allowing the player to employ the skills learned in a “real life” environment. Let *Future Pros Hockey* “***take your game to the next level.***”



[www.futureproshockey.com](http://www.futureproshockey.com)

(816) 838-3980—Pat  
(816) 674-4426—Gary



## Elite

### Summer 2008 Schedule

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Camp 1	Dryland	Ice Midwest	June 2-6
Camp 2	Dryland	Ice Midwest	June 9-13
Camp 3	Dryland	Ice Midwest	June 16-20
Camp 4	Elite	Ice Midwest	June 23-27
Camp 5	Elite	Ice Midwest	July 7-11
Bonus	Camp	Ice Midwest	July 7-11
Camp 6	Elite	Ice Midwest	July 14-18
Bonus	Camp	Ice Midwest	July 14-18
Camp 7	Elite	Ice Midwest	July 28-Aug 1
Bonus	Camp	Ice Midwest	July 28-Aug 1

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**Camps fill quickly. Camps are limited to 32 players per camp.**

### TIMES

<u>LEVEL</u>	<u>ON ICE</u>	<u>DRYLAND</u>
Midget Elite	8:00a-9:30a	9:45a-11:15a
Midget/ Bantam	9:45a-11:15a	8:00a-9:30a
Pee Wee /Squirt	11:30a-12:45p	1:00p-2:30p
Bonus Camp	03:00-04:00 pm	

**NOTE: Dryland times for Camps 1-3 are 09:00 am—10:30 am. There is no Dryland on Wednesday of these weeks.**

## FUTURE PROS ELITE

*\$235 per camp or \$750 for all seven weeks (Elite Camps & Dryland Sessions)*

**Elite** is a progressive training program for the competitive player. **Elite** involves on and off ice pro style training aimed at teaching its participants the discipline and dedication necessary to take their game to the next level. Each **Elite** day consists of one competitive on ice session and one intense off ice training session.

**“Repetition is the Mother of all learning”**. Many camps are developed with a one week intensive instructional camp—thus the player really doesn't get the time necessary to practice and perfect what they are taught. The Elite camp not only allows the player to gain valuable skills and knowledge, but is also designed to allow the player to repeat and progress his or her skills throughout the summer — thereby improving their retention and confidence in the skills.

### ELITE - ON ICE

The combination of skill instruction and the opportunity to compete daily against other top players and raise your “**Level of Play**”.

- Pro Style Training and Drills
- Checking
- Power Skating
- Break-outs
- Stickhandling
- Overspeed Training
- Scoring/Shooting Stations
- 1v1, 2v1, 3v2 situations
- End of Camp Player Evaluations



### FORWARD SPECIFIC INSTRUCTION

- Attack Zone Triangle
- Body Checking
- Puck Protection
- Cycling
- Shooting Angles

### DEFENSE SPECIFIC INSTRUCTION

- Angling
- Gap Control
- Backwards Skating, Agility Drills
- Communication with your defensive partner
- Keeping the puck in the Offensive Zone
- Offensive and Defensive zone positioning
- 1v1 and 2v1 situations

### ELITE - OFF ICE

Hockey players are stronger and faster now more than ever before. Off ice speed and strength training is a must for the competitive player. The speed and power it takes to be an Elite player can only be developed through hard work. Elite Off Ice will develop overall fitness with an emphasis on improving leg strength and stimulating the “fast twitch” muscle fibers that are responsible for speed and quickness. With improved fitness comes confidence and with confidence the Elite player can take his or her game to the next level.

### OFF ICE SKILLS

- **PLYOMETRICS**- a series of jumping and bounding exercises that improve explosiveness and balance.
- **OVERSPEED TRAINING**- a series of sprinting and quickness drills designed to increase foot speed.
- **TEAM HANDBALL**- several team games to promote communication, movement, and support.
- **BUNGEE CORD RESISTANCE TRAINING** - Upper Body resistance training.
- **STRENGTH TRAINING**— will start as an education on weight lifting techniques and advance into a full blown weight training program. ( Midgets and Bantams only )

**NOTE:** There is no Dryland Training (Off-Ice) on Wednesdays of Dryland Only weeks

### BONUS CAMP



The Bonus camps are a series of one week camps coupled with an Elite camp. The purpose is to provide a more in-depth individualized camp. The afternoon bonus camp will include an additional hour of ice time with instruction aimed at improving individual skills.

The camp is limited to the first 35 players registered. The camp will run from 03:00-04:00 PM during the Elite Sessions. The camps will include five intense instructional days and focus in particular on the following skills:

**Bonus Camp 5-Skills—this camp will work exclusively on puck skills. Passing, stickhandling, shooting, and creativity**

**Bonus Camp 6-Checking—this camp will teach proper checking technique; from the stick check to the body check**

**Bonus Camp 7-Defenseman Only—everything about the position; skating, shot blocking, positioning, checking**

\$25	Dryland
\$235	Elite
\$750	Elite Summer
\$125	Bonus Camp



## REGISTRATION FORM (Sign Waiver on reverse side)

### Player Information

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

**DOB:** \_\_\_\_\_ **Level:** SQ PW BAN MIG

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Parents:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**E-mail** \_\_\_\_\_

<input type="checkbox"/>	Camp 1	Dryland	June 2-6	\$25
<input type="checkbox"/>	Camp 2	Dryland	June 9-13	\$25
<input type="checkbox"/>	Camp 3	Dryland	June 16-20	\$25
<input type="checkbox"/>	Camp 4	Elite	June 23-27	\$235
<input type="checkbox"/>	Camp 5	Elite	July 7-11	\$235
<input type="checkbox"/>	Camp 6	Elite	July 14-18	\$235
<input type="checkbox"/>	Camp 7	Elite	July 28-Aug 1	\$235
<input type="checkbox"/>		Elite Summer (All Elite)		\$750
<input type="checkbox"/>	Bonus 5	Skills	July 7-11	\$125
<input type="checkbox"/>	Bonus 6	Checking	July 14-18	\$125
<input type="checkbox"/>	Bonus 7	Defenseman	July 28-Aug 1	\$125
<input checked="" type="checkbox"/>	Required	Insurance	Pay Once	\$24

### Payment Information

Cash  Charge  Check

Amt Enclosed: \$ \_\_\_\_\_

Credit Card: ( Visa, MasterCard, Discover )

Card Number \_\_\_\_\_ Exp \_\_\_\_\_

**FUTURE PROS HOCKEY**

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