

FERRIE'S PEAK PERFORMANCE PROGRAM GIRLS FALL HOCKEY CAMP-2021

FP3 will be putting on its' first girls on and off ice camp starting Tuesday, September 7th at the Cullen Hockey Center. We have been doing this with a lot of the boys players (and some girls) for the last 8 years with great success. The on-ice portion, led by Kara Werth, will consist of skating/edgework and skill development. Kara Werth played hockey at Bemidji State University and grew up in the Moorhead Youth Hockey program. She also worked out at FP3 from the age of 11 until college graduation. I will run the lifting portion. The lifting will be very similar to our summer program. Our goal is to have our kids at their best for tryouts/their season. The schedule for all groups is below. These groups are limited because of space. Groups will meet on Mondays-Tuesdays-Thursdays-Fridays. Cost for 15u is **\$425**. Cost for high school players is **\$600**. Kids will be able to use the showers at the rink if they want.

15u (September 7th-October 7th)

5:45-6:30 am lift
6:40-7:25 am on ice skill development

High School (September 7th-October 28th)

5:45-6:30 am lift
6:40-7:25 am on ice skill development

**Call or email JOEL FERRIE @ 701-306-2726 or
JDFERRIE@HOTMAIL.COM**

FERRIE'S PEAK PERFORMANCE PROGRAM BOYS FALL HOCKEY CAMP-2021

FP3 will be putting on its' ninth on and off ice camp starting Tuesday, September 7th at the Cullen Hockey Center. The on-ice portion, led by Ryan Kraft, will consist of skating/edgework and skill development. I will handle the lifting portion. That will consist of both upper and lower body lifts. Our goal is to have our kids at their best for tryouts/their season. The schedule for all groups is below. These groups are limited because of space. Groups will meet on Mondays-Tuesdays-Thursdays-Fridays. Cost for Bantams is **\$475**. Cost for high school players is **\$750**. Kids will be able to use the showers at the rink if they want.

Bantam's (September 7th-October 7th)

5:45-6:30 am on ice skill development
6:40-7:25 am lift

High School (September 7th-November 11th)

6:40-7:25am on ice skill development
3:45-4:45pm lift

High school fall athletes can go with the bantam's until their season is over if they would like

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