

ST. FRANCIS SUBURBAN DEVELOPMENT PROGRAM SCHEDULE [*TIMES ARE DROP OFF & PICK UP]

Week 1	Mon, June 11th On & Off-Ice	Tues, June 12th On & Off-Ice	Weds, June 13th On & Off-Ice	Thurs, June 14th On & Off-Ice	Fri, June 15th On-Ice Only	Sun, June 17th Off-Ice Only
High School	9:00am to 12:00pm	OFF	9:00am to 12:00pm	OFF	9:00am to 11:00am	6:00pm to 7:00pm
Bantam	9:00am to 12:00pm	OFF	9:00am to 12:00pm	OFF	10:40am to 12:10pm	6:00pm to 7:00pm
PeeWee	11:30am to 2:30pm	OFF	11:30am to 2:30pm	OFF	11:50am to 1:20pm	7:00pm to 8:00pm
Squirt	11:30am to 2:30pm	OFF	11:30am to 2:30pm	OFF	1:00pm to 2:30pm	7:00pm to 8:00pm
Week 2	Mon, June 18th On & Off-Ice	Tues, June 19th On & Off-Ice	Weds, June 20th On & Off-Ice	Thurs, June 21th On & Off-Ice	Fri, June 22nd Off-Ice Only	Sun, June 24th On-Ice Only
High School	OFF	9:00am to 12:00pm	OFF	9:00am to 12:00pm	9:00am to 10:00am	8:30pm to 10:00pm
Bantam	OFF	9:00am to 12:00pm	OFF	9:00am to 12:00pm	9:00am to 10:00am	7:20pm to 8:50pm
PeeWee	OFF	11:30am to 2:30pm	OFF	11:30am to 2:30pm	10:00am to 11:00am	6:10pm to 7:40pm
Squirt	OFF	11:30am to 2:30pm	OFF	11:30am to 2:30pm	10:00am to 11:00am	5:00pm to 6:30pm
Week 3	Mon, June 25th On & Off-Ice	Tues, June 26th On & Off-Ice	Weds, June 27th On & Off-Ice	Thurs, June 28th On & Off-Ice	Fri, June 29th On-Ice Only	Sun, July 1st Off-Ice Only
High School	9:00am to 12:00pm	OFF	9:00am to 12:00pm	OFF	8:10am to 10:10am	7:00pm to 8:00pm
Bantam	9:00am to 12:00pm	OFF	9:00am to 12:00pm	OFF	9:50am to 11:20pm	7:00pm to 8:00pm
PeeWee	11:30am to 2:30pm	OFF	11:30am to 2:30pm	OFF	11:00am to 12:30pm	8:00pm to 9:00pm
Squirt	11:30am to 2:30pm	OFF	11:30am to 2:30pm	OFF	12:10pm to 1:40pm	8:00pm to 9:00pm
Week 4	Mon, July 9th On & Off-Ice	Tues, July 10th On & Off-Ice	Weds, July 11th On & Off-Ice	Thurs, July 12th On & Off-Ice	Fri, July 13th On-Ice Only	Sun, July 15th Off-Ice Only
High School	OFF	9:00am to 12:00pm	OFF	9:00am to 12:00pm	9:00am to 11:00am	5:00pm to 6:00pm
Bantam	OFF	9:00am to 12:00pm	OFF	9:00am to 12:00pm	10:40am to 12:10pm	5:00pm to 6:00pm
PeeWee	OFF	11:30am to 2:30pm	OFF	11:30am to 2:30pm	11:50pm to 1:20pm	6:00pm to 7:00pm
Squirt	OFF	11:30am to 2:30pm	OFF	11:30am to 2:30pm	1:00pm to 2:30pm	6:00pm to 7:00pm
Week 5	Mon, July 16th On & Off-Ice	Tues, July 17th On & Off-Ice	Weds, July 18th On & Off-Ice	Thurs, July 19th On-Ice Only	Fri, July 20th Off-Ice Only	Sun, July 22nd Off-Ice Only
High School	7:40am to 10:40am	12:50pm to 3:50pm	7:40am to 10:40am	12:50pm to 2:50pm	OFF	OFF
Bantam	7:40am to 10:40am	12:50pm to 3:50pm	7:40am to 10:40am	2:30pm to 4:00pm	OFF	OFF
PeeWee	10:30am to 1:30pm	3:40pm to 6:20pm	10:30am to 1:30pm	3:40pm to 5:10pm	OFF	OFF
Squirt	10:30am to 1:30pm	3:40pm to 6:20pm	10:30am to 1:30pm	4:50pm to 6:20pm	OFF	OFF
Week 6	Mon, July 23rd On & Off-Ice	Tues, July 24th On & Off-Ice	Weds, July 25th On & Off-Ice	Thurs, July 26th On & Off-Ice	Fri, July 27th Off-Ice Only	Sun, July 29th On-Ice Only
High School	9:00am to 12:00pm	OFF	9:00am to 12:00pm	OFF	11:00am to 12:00pm	11:30am to 1:00pm
Bantam	9:00am to 12:00pm	OFF	9:00am to 12:00pm	OFF	11:00am to 12:00pm	12:40pm to 2:10pm
PeeWee	11:30am to 2:30pm	OFF	11:30am to 2:30pm	OFF	12:00pm to 1:00pm	1:50pm to 3:20pm
Squirt	11:30am to 2:30pm	OFF	11:30am to 2:30pm	OFF	12:00pm to 1:00pm	3:00pm to 4:30pm
Week 7	Mon, July 30th On & Off-Ice	Tues, July 31th On & Off-Ice	Weds, Aug 1st On & Off-Ice	Thurs, Aug 2nd On-Ice Only	Fri, Aug 3rd On-Ice Only	Sun, Aug 5th Off-Ice Only
High School	12:50pm to 3:50pm	9:00am to 12:00pm	12:50pm to 3:50pm	8:10am to 10:10am	OFF	OFF
Bantam	12:50pm to 3:50pm	9:00am to 12:00pm	12:50pm to 3:50pm	9:50am to 11:20am	OFF	OFF
PeeWee	1:50pm to 4:50pm	11:30am to 2:30pm	12:30pm to 3:30pm	12:50pm to 2:20pm	OFF	OFF
Squirt	1:50pm to 4:50pm	11:30am to 2:30pm	12:30pm to 3:30pm	2:00pm to 3:30pm	OFF	OFF
Week 8	Mon, Aug 6th On & Off-Ice	Tues, Aug 7th On & Off-Ice	Weds, Aug 8th On & Off-Ice	Thurs, Aug 9th On & Off-Ice	Fri, Aug 10th Off-Ice Only	Sun, Aug 12th On-Ice Only
High School	OFF	9:00am to 12:00pm	OFF	9:00am to 12:00pm	9:00am to 10:00am	2:55pm to 4:55pm
Bantam	OFF	9:00am to 12:00pm	OFF	9:00am to 12:00pm	9:00am to 10:00am	1:40pm to 3:10pm
PeeWee	OFF	11:30am to 2:30pm	OFF	11:30am to 2:30pm	10:00am to 11:00am	1:50pm to 3:20pm
Squirt	OFF	11:30am to 2:30pm	OFF	11:30am to 2:30pm	10:00am to 11:00am	3:00pm to 4:30pm
Week 9	Mon, Aug 13th On & Off-Ice	Tues, Aug 14th On & Off-Ice	Weds, Aug 15th On & Off-Ice	Thurs, Aug 16th On & Off-Ice	Fri, Aug 17th On-Ice Only	Sun, Aug 19th Off-Ice Only
High School	9:00am to 12:00pm	OFF	9:00am to 12:00pm	OFF	3:40pm to 5:25pm	7:00pm to 8:00pm
Bantam	9:00am to 12:00pm	OFF	9:00am to 12:00pm	OFF	2:30pm to 4:00pm	7:00pm to 8:00pm
PeeWee	11:30am to 2:30pm	OFF	11:30am to 2:30pm	OFF	1:20pm to 2:50pm	8:00pm to 9:00pm
Squirt	11:30am to 2:30pm	OFF	11:30am to 2:30pm	OFF	12:10pm to 1:40pm	8:00pm to 9:00pm
Week 10	Mon, Aug 20th On & Off-Ice	Tues, Aug 21st On & Off-Ice	Weds, Aug 22nd On & Off-Ice	Thurs, Aug 23th On & Off-Ice	Fri, Aug 24th Off-Ice Only	Sun, Aug 26th On-Ice Only
High School	OFF	9:00am to 12:00pm	OFF	9:00am to 12:00pm	9:00am to 10:00am	7:20pm to 9:20pm
Bantam	OFF	9:00am to 12:00pm	OFF	9:00am to 12:00pm	9:00am to 10:00am	6:10pm to 7:40pm
PeeWee	OFF	11:30am to 2:30pm	OFF	11:30am to 2:30pm	10:00am to 11:00am	5:00pm to 6:30pm
Squirt	OFF	11:30am to 2:30pm	OFF	11:30am to 2:30pm	10:00am to 11:00am	3:50pm to 5:20pm

NSDP SUMMER 2012
DETAILS

- JUNE 11TH - AUGUST 23RD
- 10 WEEK DEVELOPMENT PROGRAM
- SCHWAN SUPER RINK BLAINE, MN
- FLEXIBLE SCHEDULE
- CHOOSE 1 TO 10 WEEKS
- PAY ONLY FOR WEEKS YOU CAN ATTEND
- PLAY OTHER SPORTS
- GO TO THE CABIN
- 4 DAYS PER WEEK OF TRAINING
- 3 ICE HOURS PER WEEK
- 3 OFF-ICE TRAINING SESSIONS PER WEEK
- COMPETITIVE GAME DAYS
- 4 LEVELS OF PLAY
- HIGH SCHOOL
BANTAM
PEE WEE
SQUIRT

*PLAYERS ARE SEPARATED ACCORDING TO ABILITY

ADVANCED LEVEL
INTERMEDIATE

*THIS WILL ENSURE A COMPETITIVE & CHALLENGING ATMOSPHERE TO HELP DEVELOP PLAYERS.

NSDP

NORTH SUBURBAN DEVELOPMENT PROGRAM



PHONE
763-717-3232

E-MAIL
INFO@FHTPLAYERS.COM

WEBSITE
FHTPLAYERS.COM

PROFESSIONAL STAFF & INSTRUCTION
PROVIDED BY FHT PLAYERS



SUMMER DEVELOPMENT PROGRAM

NOW YOU CHOOSE

“THE ULTIMATE SUMMER PROGRAM DEVELOPED BY FHIT PLAYERS”

MOST ASSOCIATIONS RUN A SUMMER PROGRAM THAT ALLOWS AS MANY PLAYERS IN AS POSSIBLE, AT ALL LEVELS OF ABILITY, AND PUTS THEM ALL ON ONE SHEET OF ICE. THIS IS A CONTINUED RECIPE FOR FAILURE.

FHIT PLAYERS HAS TEAMED UP WITH ST. FRANCIS HEAD COACH TYLER SCHAFF TO OFFER THE BEST OF BOTH.

THE STAFF INCLUDES VARSITY HIGH SCHOOL COACHES ALONG WITH FULL TIME STAFF FROM FHIT PLAYERS. WORKING TOGETHER, THEY HAVE DEVELOPED A PLAN THAT **ALLOWS PLAYERS TO TRAIN AND PLAY WITH THEIR FRIENDS ON A FLEXIBLE SCHEDULE**, ALL IN A FUN, CHALLENGING ENVIRONMENT.

PLAYERS WILL SKATE AND COMPETE AGAINST AND WITH **PLAYERS OF THE SAME ABILITY** UNDER A DEVELOPMENT PLAN THAT **FHITS YOUR SCHEDULE**.

ST. FRANCIS PLAYERS

NORTH SUBURBAN DEVELOPMENT PROGRAM

ABOUT

The North Suburban Development Program [NSDP] is designed for those players looking for a summer training program that offers: high level of quality training with an option of high quantity, all on your schedule [FLEXIBLE SCHEDULE]

FHIT Players has teamed up with the St. Francis Varsity Head Coach, Tyler Schaff, to provide a unique summer training program opportunity for the St. Francis association.

The NSDP offers ten weeks of training, with players having the option to register for any or all of the weeks. Weeks do not have to be consecutive, pricing is based on the number of weeks each player attends, and price breaks occur the more weeks attended.

This program runs four days per week and provides on-ice training, off-ice training [HOCKEY SKILLS AND STRENGTH TRAINING], and games! All this done with the support of FHIT Players staff and resources.

GOALIE SPECIFIC TRAINING: 3 DAYS A WEEK

Certified MEGA instructors will be on the ice working on the skill set of each goaltender.

MEGA Instructors will place emphasis on solid fundamentals and athleticism, not forcing you into a style!

For goalie specific questions contact: Justin at 612-578-6212 or justin@megagoaltending.com

ICE TIME & FACILITIES

Majority of the weeks include two sheets of ice per level, per hour. This will allow coaches to separate players according to their ability and development needs.

ALL TRAINING WILL BE HELD AT THE SCHWAN SUPER RINK

- Herb Brooks Training Center -
- National Sports Center -

PROFESSIONAL STAFF

ADAM SCHMIDT | RICK THOMAS
TYLER SCHAFF
Head Coaches

JOHN HARRINGTON
FHIT Players Hockey Director

PJ ATHERTON
FHIT Players Individual
Development Director

JOSH LIEBENOW
FHIT Players Offensive Skills Director

DAN CHARLESTON
FHIT Players Skating Director

BRAD THOMPSON
Team Dynamics Coach

TYLER KLEINHUIZEN, CSCS
FHIT Players Strength Coach

JUSTIN JOHNSON
Founder of MEGA Goaltending

*PLEASE SEE DETAILED SCHEDULE FOR EXACT DATES AND TIMES

KEY INGREDIENTS

- 3 on-ice and 3 off-ice sessions per week
- Development based
- Association based
- Work with your high school coaches program
- FHIT Players support & resources
- Players split into separate groups based on ability
- 2 sheets of ice per session
- Flexible schedule

“FINALLY A SUMMER DEVELOPMENT PROGRAM THAT COMBINES ASSOCIATION BASED TRAINING WITH A PROFESSIONAL DEVELOPMENT PLAN!”