



2022 ELITE HOCKEY TRAINING CLINICS & CAMPS

Join **Fedor Fedorov** and his **FHA** team!

They are excited to bring you year round training opportunities for youth to college/junior players. FHA is providing monthly opportunities throughout the year to help your player stay at the top of his game or reach a higher skill level, while at the same time teaching them to love the sport of hockey and have fun.

<u>Feb. 20 & 21</u>	President's Weekend Clinic (2 Days)
<u>Mar. 28 - 31</u>	Spring Break Camp (4 Days)
<u>April 4 - May 5</u>	Spring Skills Clinic (5 Weeks - 1 to 2 Days per week)
<u>April & May</u>	PHA Clinics throughout Michigan (TBD)
<u>June 27 - July 7</u>	Team Camps (1 Week per team)
<u>July 11 - Aug. 18</u>	FHA Summer Camps (1 - 6 Weeks)
<u>Aug. 22 - Sept. 1</u>	Team Camps (1 Week per team)
<u>Sept. 2022</u>	2009 - 2007 Body Contact Clinics (1 Day to 3 Days)
<u>Sept. 2022</u>	Adult Skill Clinics (TBD)
<u>Sept. 6 - Oct. 6</u>	Youth Fall Pre-Season Skill Clinics
<u>Nov. 25 - 27</u>	Thanksgiving Weekend Camp (3 Days)
<u>Dec. 27 - 30</u>	Holiday Elite Player Hockey Camp (4 Days)

Hockey players should have a year-round periodization strategy that includes resistance training & on ice skills training, so they can maximize both performance benefits and the injury prevention benefits. Camps and clinics are designed to improve/advance a player's skill level when it comes to power skating, stick handling, and more.

Learn more about our Camps & Clinics by visiting
www.petoskeyicearena.com

Petoskey Ice Arena

3450 M-119
Harbor Springs, MI 49740

231-487-1843

petoskeyicearena@gmail.com

Dates and events subject to change. Please confirm online!