



# HOCKEY TRAINING CAMPS 2025

*WHERE PASSION FUELS PERFORMANCE*

*PARTNERING WITH:*



# GAIN THE **EDGE**

Langei Edge LLC, is honored to offer impactful camps and private & small group lessons in the Greater Grand Forks Area.

Our focus is player development on and off the ice providing you with the skills you need to optimize your performance.

## MEET OUR TRAINERS



**CHRIS LANGEI**

National motivational speaker, skating coach, certified personal trainer and founder of Langei Edge, Chris Langei will lead players in powerskating and skating skills. With over 34 years of coaching experience, she has worked with players of all ages and abilities throughout the country. Langei has also been a contracted powerskating instructor, sport yoga instructor, and strength & conditioning coach for UND, Shattuck St. Marys Summer Camp, NDAHA, Northern Plains, Selects Hockey, local youth teams, and local high school teams. Her focus areas will be proper body alignment, powerful efficient stride, edge work, change of direction, and motivation. With the skills taught by Langei Edge, your player will improve their hockey skills by learning to skate more powerful and efficient on the ice.



**MAKAYLA LANGEI**

As a 2021 1st round draft pick for the MN Whitecaps in the PHF, Makayla played the '21-22 season with the MN Whitecaps and then in the PWHPA during the '22-23 season for Team ScotiaBank. She is a former USA U18 World Champion and has been coaching players on powerskating skills for the last 10 years. Growing up in East Grand Forks, she helped lead the EGF Girls High School Hockey team to the Section Championship in 2014, placing second in state. As a graduate of Shattuck St. Mary's, her team were USA National Champions in 2016 and 2017. While playing on the Bemidji State University women's hockey team, she was named WCHA Rookie of the Week and Rookie of the Month, All-WCHA Rookie Team, 4x WCHA Defensive Player of the Week, All WCHA Third Team, 3x AHCA All American Scholar, 3x WCHA Scholar-Athlete, 3x WCHA All-Academic Team, and WCHA Student-Athlete of the Year. Makayla is in her last year of dental school at the University of Minnesota. When she is not at school, she trains hockey teams in the Minneapolis area. Makayla will be returning to the Greater Grand Forks area in the summer of 2025.



**DANE MONTGOMERY**

Dane has many years experience as our power skaing and skills coach. He currently plays for the University of North Dakota while studying Kinesiology. His past experiances include USA U17 Five Nations team and USHL Waterloo Blackhawks.



**BROCK MONTGOMERY**

Brock specializes in coaching skating and skills on the ice as well as strength and conditioning on the ice. A former college hockey player, Brock is currently attending physical therapy school at UND. His past experiences include Former Mr. Hockey for North Dakota; NAHL; MJHL; and Concordia College Hockey Team.



**DREW MONTGOMERY**

Originally from Grand Forks, Drew plays for Colorado College Hockey Team. Prior to that, he spent three years in the USHL. Drew's creative demeanor is one of the many reasons why he is the type of player and coach everybody loves.



**NEW COACH: DILLON JACKSON**

# 2025 HOCKEY CAMPS

## POWER SKATING II

Langei Edge provides age appropriate skating clinics to help your athlete thrive on the ice. Our power skating camps help athletes gain on-ice skills and agility with a variation of on-ice training lesson plans.

### SUMMER CAMP 1 // JUNE 2 - 19

GROUP	TIME	DAYS	DESCRIPTION	COST
PeeWees & 12U	4:00 - 4:45 pm	Mon. / Wed.	45 min. Power Skating	\$175
Bantam & HS Girls	5:00 - 5:45 pm	Mon. / Wed.	45 min. Power Skating	\$175
HS Boys & Post Grad	6:00 - 6:45 pm	Mon. / Wed.	45 min. Power Skating	\$175
Mites & 8U	4:00 - 4:30 pm	Tues. / Thurs.	Intro to Power Skating w/ Games & Obstacles	\$125
Squirts & 10U	4:30 - 5:15 pm	Tues. / Thurs.	30 min. Power Skating / 15 min. Games	\$175

**DEADLINE** MAY 26 **LOCATION** ICON Arena

### SUMMER CAMP 2 // AUGUST 3 - 21

GROUP	TIME	DAYS	DESCRIPTION	COST
PeeWees & 12U	4:00 - 4:45 pm	Sun. / Wed.	45 min. Power Skating	\$175
Bantam & HS Girls	5:00 - 5:45 pm	Sun. / Wed.	45 min. Power Skating	\$175
HS Boys & Post Grad	6:00 - 6:45 pm	Sun. / Wed.	45 min. Power Skating	\$175
Mites & 8U	4:00 - 4:30 pm	Tues. / Thurs.	Intro to Power Skating w/ Games & Obstacles	\$125
Squirts & 10U	4:30 - 5:15 pm	Tues. / Thurs.	30 min. Power Skating / 15 min. Games	\$175

**DEADLINE** JULY 27 **LOCATION** ICON Arena

## PRE-SEASON SKATING II

Dialing in on tryouts? Langei Edge and Choice Health and Fitness offers a Pre-Season Skating camp with three weeks of 2-day practices. This camp is for the players seeking to improve their athleticism on and off the ice while focusing on tryouts.

### FALL CAMP // SEPT. 29 - OCT. 16

GROUP	TIME	DAYS	DESCRIPTION	COST
Squirts & 10U	4:45 - 6:30 pm	Mon. / Wed.	30m. Dryland / 30m. Power Skate / 30m. Skills	\$280
PeeWees & 12U	5:15 - 7:00 pm	Mon. / Wed.	30m. Dryland / 30m. Power Skate / 30m. Skills	\$280
Bantam & HS Girls	6:00 - 7:45 pm	Mon. / Wed.	30m. Dryland / 30m. Power Skate / 30m. Skills	\$280
HS Boys	6:30 - 8:15 pm	Mon. / Wed.	30m. Dryland / 30m. Power Skate / 30m. Skills	\$280
Mites & 8U	4:00 - 4:30 pm	Tues. / Thurs	30 minutes of Power Skating	\$125
Squirts & 10U	4:30 - 5:15 pm	Tues. / Thurs	45 minutes of Power Skating	\$175

**DEADLINE** SEPT. 22 **LOCATION** ICON Arena



## PRIVATE LESSONS

Lessons Available // Monday - Thursday 1:30pm - 3:45pm  
Private lessons can be booked for one-on-one or group training.  
Cost varies upon number of players per session.

Contact us at #218.779.7705 or [LangeiEdge@gmail.com](mailto:LangeiEdge@gmail.com) to schedule your session today.

## SUMMER STRENGTH & CONDITIONING TRAINING

All Summer Strength & Conditioning is offered through Choice Health & Fitness and will be held at ICON Performance Enhancement Room, Altru Performance Center, or Choice H&F. There are multiple age appropriate classes, but if you don't find a time that works, we can set-up a private training group as well.

Check out [Choicehf.com](http://Choicehf.com) or call #701.746.2790 for more info.



# 2025 REGISTRATION

LANGEIEDGE.COM

SCAN ME  
FOR MORE INFO



CONTACT INFORMATION

PLAYER First Name

PLAYER Last Name

PARENT First Name

PARENT Last Name

Address

City

State

Zip Code

Daytime Phone

E-Mail

### WAIVER

I hereby acknowledge the health of my child, listed above, to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release Langei Edge, Grand Forks Park District, Choice Health & Fitness, and all employees, executors, and heirs from all claims for injuries, which may be sustained by my child while attending this program. I also understand that any medical bills incurred by my child due to injuries will be my responsibility or the responsibility of my family health insurance plan.

**REIMBURSEMENT POLICY:** We take pride in our camps by providing quality service to our athletes. As spots are limited and ice rented, we do not pro-rate or reimburse, with the exception of medical / family emergencies.

Parent / Guardian  
SIGNATURE

DATE



SELECT YOUR CAMP(S)

## SUMMER CAMP 1

June 2 - 19

- PeeWees & 12U \$175
- Bantam & HS Girls \$175
- HS Boys & Post Grad \$175
- Mites & 8U \$125
- Squirts & 10U \$175

## SUMMER CAMP 2

August 3 - 21

- PeeWees & 12U \$175
- Bantam & HS Girls \$175
- HS Boys & Post Grad \$175
- Mites & 8U \$125
- Squirts & 10U \$175

## FALL CAMP

Sept. 29 - Oct. 16

- Squirts & 10U \$280
- PeeWees & 12U \$280
- Bantam & HS Girls \$280
- HS Boys \$280
- Mites & 8U \$125
- Squirts & 10U (T/Th) \$175

Would you like information on our private sessions?  No  Yes - Individual Training  Yes - Group Training

## PAYMENT OPTIONS



CASH or CHECK | Include your signed registration form along with a cash payment or check payable to Langei Edge and mail to 1620 13th Ave. SE, East Grand Forks, MN 56721



VENMO @Langei\_Edge | When paying, include your Name, Age Group & Camp. Then email LangeiEdgeMgmt@gmail.com pic of the signed registration form.