



## SUMMER

WEEK 1/ JULY 20-24  
WEEK 2/ JULY 27-31  
WEEK 3/ AUG. 4-7 (4 DAYS)

WEEK 4/ AUG 10-14  
WEEK 5/ AUG 17-21  
WEEK 6/ AUG. 24-28

### CAMP DESCRIPTION:

Full-Day intensive camp including two on-ice sessions (2.5 hours on ice) per day. The camp also includes Goalie Off-Ice Training and Mental Training sessions. Goalies of all levels are encouraged to register. The camp has limited spots (only 12 goalies per week). The 12 weekly campers will be divided into two groups of 6 goalies and then sub-groups of 3 goalies based on age and level. We offer a very low goalie/coach on-ice ratio with groups of only 6 goalies on ice at a time with multiple nets to maximize training time. These small group sessions allow us to adapt the program and drills to each goalie's specific needs.

» Ringette Goalies are welcome in any week of camp and will be grouped together.  
Please notify us if you are a ringette goalie.

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**Drop Off Time: 8 - 8:30am**  
**Pick Up Time: 4:30 - 5pm**

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**Cost: \$550 + HST (add \$50 + HST for Meal Plan)**

**WEEK 3 (4 days): \$440 + HST (add \$40 + HST for Meal Plan)**

## ✓ **Video Analysis**

*Our multiple angle video recording system and on-ice TV Screen will be used to film and analyze goalies on-ice. Video review is one of the most powerful tools goalies can have and goalies will have regular access to video over the course of the camp.*

## ✓ **Goalie Off-Ice Training**

*One hour of goalie specific off-ice training per day focusing on speed, agility, flexibility and hand-eye coordination. The off-ice training is based on Finland's off-ice development program for goalies.*

## ✓ **Mental Training**

*One mental training session per day where the mental skills required to become a great goalie will be addressed including Mental Preparation, Concentration, Anxiety Management, and Confidence. All sessions will be adapted to the age and level of the goalies.*

## ✓ **Multi-Sport session and Xtreme Trampoline**

*Every day both groups will merge together for the end of the day multi sport activity wearing running shoes and proper athletic attire on the goalie synthetic ice rink. On top of goalie specific training we also believe that goalies should practice a multitude of sports in order to improve their overall agility and athleticism. Activities will include ball hockey, arena soccer, Borden ball, etc. For the last multi sport session on Friday afternoon, campers will have the opportunity to jump for an hour at Xtreme Trampoline (our next door neighbor).*

## ✓ **Xtreme Trampoline**

*A separate waiver will be provided to all campers who would like to participate in this special activity. Participation is optional and campers can opt to stay at the Goalie Performance Center and take part in other activities if they wish.*

## ✓ **Evaluation & Certificates**

*All goalies will receive an evaluation at the end of the week including the next steps each goalie should take to improve their game. Goalies will also receive a certificate of completion for the camp.*

## ✓ **Lunch Break**

*The camp has a work hard/play hard philosophy and campers will have access to the Goalie Performance Lounge to eat their lunch, refuel and relax for an hour in the middle of the day. The lounge features an XBOX ONE console with multiple controllers where campers will be able to gather, chat, and play NHL on our large HD TVs. Campers will also have access to the lounge during drop off and pickup times.*

## ✓ **Meal Plan**

*We offer a meal plan, which includes 2 days of Subway catering and 2 days of Mucho Burrito. Friday is a pizza-day. This is optional, as families who do not wish to receive the meal plan can still provide a packed lunch. The meal package also includes small snacks that will be served throughout the day. The meal option can be purchased online on the camp registration page.*

### **WHAT TO BRING**

**Full goalie gear, Player stick, gloves and helmet for ball hockey, Running shoes, Water bottle, snacks, and lunch**

*\*Water and Gatorade are also available to purchase on site*