



Elite Goalie Development Camp

Sample Schedule

Monday & Wednesday

Monday Only		
10:45am	11:00am	Sign in/prep for dryland
11:00am	12:15pm	Yoga
12:15pm	12:45pm	Lunch
1:00pm	1:30pm	prep for strength & conditioning
1:30pm	2:30pm	Goalie Strength & Conditioning
2:30pm	3:00pm	prep for ice time/snack
3:00pm	4:15pm	Ice Time
4:30pm	5:30pm	Ice Time

Tuesday & Thursday

10:45am	11:00am	prep for dryland
11:00am	12:15pm	Yoga
12:15pm	12:45pm	Lunch
12:45pm	1:00pm	Prep for Ice
1:30pm	2:45pm	Ice Time
3:00pm	3:15pm	prep for strength & conditioning
3:15pm	4:00pm	Goalie Strength & Conditioning
4:00pm	4:30pm	prep for ice
4:30pm	5:30pm	Ice Time

Program Highlights – This camp is meant for goalies looking for an edge heading into their High-Performance season

- Angles, positioning and crease depth
- Positional and tactical skills
- Puck tracking and shooting analysis
- Puck stopping skills and rebound control
- Crease movement, lateral movement
- Slides, up and down pushes and recovery
- Puck handling and puck management
- Save selection and decision making
- Game situation drills and in-game IQ
- High level shooting staff
- 2.25 hours of ice daily
- Daily goalie specific strength and Conditioning
- Daily yoga
- 3:1 goaltender to instructor ratio
- One on One evaluation and feedback session

Necessary Equipment

Participants must have approved equipment and bring the required items for all activities. (Goalies are advised to contact their association for equipment use).

- Helmet with cage and child's name, shoulder pads, elbow pads, hockey gloves, neck guard, hockey pants, shin guards, protective cup, hockey stick, hockey skates, extra t-shirt(s), athletic shorts, athletic shoes, clothes and shoes for activities, bottle of water, bagged lunch, emergency contact number,
LEAVE VALUABLES AT HOME

Cancellation & Refund Policies

- Refunds for valid reasons will be granted up until August 1st.
- No refunds will be given if a player is asked to leave the camp, leaves on his/her own desire or is a "no show."

RULES AND REGULATIONS

- Do not leave valuables in the dressing rooms – SK are not responsible for lost items.
- BULLYING, HARASSING, OR PICKING ON other students will not be tolerated.
- Players are requested to bring their own gear, water bottle and food.
- ZERO tolerance with the use of electronic devices in dressing rooms
- Have fun!