

3. **OPTIMAL GOALTENDER DEVELOPMENT CAMPS**

5 hours of specialized goaltending instruction with daily sessions including a 15 minute classroom video before 1 hour of on ice instruction. Emphasis on proper technical skill development including stance and technique, movement, angles and rebound control. **A 15 minute classroom session** will be held **prior** to each ice session, located in the dressing rooms. Execution of skills applied in game-like situations. Instructors may include Matt Cockell, Alex Razos, Sonny Mignacca, Scott Wiley, and other of our top Goaltending instructors from our city. Designed for all styles of goaltenders.

Maximum 18 goalies

2 consecutive weekends:

	Session 1 <u>(Ages 7 - 10)</u>	Session 2 <u>(Ages 11 - 14)</u>
1. Saturday, September 6	11:50 – 12:50 pm	1:00 – 2:00 pm
2. Sunday, September 7	2:10 – 3:10 pm	3:20 – 4:20 pm
3. Saturday, September 13	9:30 – 10:30 am	10:40 – 11:40 am
4. Sunday, September 14	9:30 – 10:30 am	10:40 – 11:40 am

COST:

\$175.00