

#### **4. OPTIMAL GOALTENDER DEVELOPMENT CAMPS Ages 8 - 17**

Optimal Goaltenders Development Camp will provide a unique, energized training environment hosted by Optimal Training Academy (OTA) Staff Members and participants.

20 hours of specialized goaltending instruction. The daily schedule will include two 1.5 hour on ice training sessions 1 hour of classroom and 2 hours of off-ice strength training. On ice training emphasis will be the most up-to-date training techniques available including proper technical skill development including stance, movement, angles, rebound control, Butterfly Technique, and many more special skills goaltenders are required to learn to become Elite level contributors. All execution of skills will be applied in a controlled teaching environment then in game-like situations.

The program will run from Monday - Friday from 2:00pm - 8:00pm daily. Letters will be sent out to all participants in terms of what to bring, where to report etc approx. 1 week before camp. "

Head On-Ice Goalie Coaches Matt Cockell, Alex Razos and Coach Billy Keane will combine with Off Ice Strength Coach Terry Hadlow to provide the most dynamic Goaltender Development Camp available, limiting the maximum to 18 goalies on the ice at once.

Guest instructors will include Junior and Midget age Goaltenders of the [OTA](#) which may include Team Canada's World Junior Champion Rejean Beauchemin, MJHL All-Star Andrew Loewen, Seattle Thunderbirds Gavin McHale, and many more top goalies from our community.

This "Optimal" Goaltenders experience will certainly be a summer highlight for all participating goaltenders.

<b>Session</b>	<b>Dates</b>	<b>Cost</b>
1	Jul 7 – 11	\$399
2	Jul 14 - 18	\$399