



# MIND THE NET GOALTENDING

[www.mtnagoaltending.com](http://www.mtnagoaltending.com)

## Professional Excellence Camps

**July 20-24, 2015**

**July 25-29, 2015**

**August 4-8, 2014**

Aberdeen Rec Complex – Aberdeen, SK

### Objective:

To provide a period of targeted training for goaltenders preparing to play professional hockey. According to the Hockey Canada “Long Term Player Development Model” hockey is a late specialization sport where a player’s peak development comes well into their 20’s and early 30’s. Our Professional Excellence Camps provide an opportunity for individuals to get the most out of the peak performance stage. We also provide an opportunity to transition to the peak performance stage earlier. Mind The Net guarantees 7500+ focused Goaltender Specific Reps (GSR) using North American and Finnish training techniques. Since research shows a minimum of 300-500 repetitions of any one skill is required to make that skill instinctual our Guaranteed GSR will ensure development of instinctive responses required for the rigors of professional hockey.

The Professional Excellence Camps carry three options where candidates can attend any one, two or all three camp options to accommodate summer scheduling, break time to avoid burnout and to cater more to the specific needs of each Professional Excellence goaltender.

Mind The Net Goaltending does not aim to create goaltenders that play like robots, we believe in strengthening fundamentals and then working with goaltenders to realize how they can incorporate new skills and techniques into their games in a fashion that works best for that goaltender.

Goaltending is about “Keeping the puck out of the net!” and there is more than just one way to do that job!

For more information, or if you have any questions, call Co-director/Head Instructor Travis Harrington 1-306-227-0184 or e-mail [travis@mtnagoaltending.com](mailto:travis@mtnagoaltending.com)

### Weekly Camp Focus:

- **1<sup>st</sup> week (July 20-24, 2015)** = Movement/save mechanics and patience, goalie prop work, puckhandling.
- **2<sup>nd</sup> week (July 25-29, 2015)** = Game related/flow/battle drills + puckhandling .
- **3<sup>rd</sup> week (August 4-8, 2015)** = Small area/in-tight/puckhandling.

### **Guaranteed Goalie Specific Reps (GSR) :**

- 1<sup>st</sup> week: 2500+ reps
  - 2<sup>nd</sup> week: 2500+ reps
  - 3<sup>rd</sup> week: 2500+ reps
- Total Guaranteed GSR = 7500+

*(GSR based on shots/save attempts, movement/recoveries, puckhandling,tactical/ situational )*

### **Each Professional Excellence Camp also provides:**

- 1.5 hours of on-ice instruction/day
- instant video feedback on-ice in all sessions.
- 30 mins of tactical/mental training discussions daily.
- Pre and post ice dynamic stretching with our strength and conditioning coach.

### **Total Training/Instructional Time:**

- 22.5 total hours of on-ice instruction
- 7.5 hours of video/mental training instruction
- 15 hours of directed dynamic warmup/stretching

### **Requirements for Acceptance:**

- Only **FOUR** goaltenders accepted/camp. **Four** pro goalies (WHL, NCAA Div. 1, CIS and higher or an MTN selected Top Prospects student deemed worthy of potential to move on to WHL/NCAA or higher) accepted. Spots are filled based on a first come, first served basis.
  - Must be an NCAA Div.1 or 3, Canadian College, CIS, Major Junior or Professional Goaltender or transitioning into one of those levels of hockey.
  - If possible, video of all goals against from previous season must be submitted to MTN Goaltending Director/Head Instructor Travis Harrington
  - 5 full game videos (3 wins, 2 losses) must be submitted to identify strengths and areas for improvement to develop alternative ways to play such situations. The aim of this pre-camp video work is to identify 2-3 “problem” areas or types of goals that can be drastically reduced (10-15 goals against in a season)
- \*\*\*All video submitted within one month of the end of the goaltender’s current season.\*\*\***

### **Sample Daily Schedule:**

- 9:00am – 9:30pm – Pro Dynamic Warmup
- 10:00am – 11:30am - Pro On-ice
- 11:45am – 12:00am – Pro Cool Down
- 12:00pm – 12:30pm – Pro Mental Training/Video and Lunch

### **Cost (subject to minor changes):**

**July 20-24, 2015: Cost \$850 + GST**

**July 25-29, 2015: Cost \$850 + GST**

**August 4-8, 2014: Cost \$850 + GST**

- ALL THREE options = \$2550 plus GST

Registration spots are guaranteed upon receipt of a \$400.00 registration deposit for each week the goaltender is attending to guarantee a spot in all three camps.

Mind The Net Goaltending can only accept cash or cheque. (Post dated cheques are accepted)

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### Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone #: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Any other applicable form of communication: \_\_\_\_\_

Place a check on the line(s) beside the Camps you plan to attend:

- 1) July 20 – 24, 2015                    \_\_\_\_\_
- 2) July 25 – 29, 2015                    \_\_\_\_\_
- 3) August 4 - 8, 2015                    \_\_\_\_\_

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Send the completed Registration Form and cheques payable to:

**Mind The Net Goaltending**

**Box 400**

**Outlook, SK**

**S0L 2N0**

Sponsored by:



Has an association with:



**GOALIEPRO.COM** (Espoo, Finland)