

# MIND THE NET GOALTENDING



**Atom: August 18-20**  
Aberdeen, SK

**PeeWee: August 21-23**  
Aberdeen, SK

**Atom/PeeWee:**  
August 27-29  
Meadow Lake, SK  
Summer 2014

[www.mtn-goaltending.com](http://www.mtn-goaltending.com)

## The MTN Goaltending Advantage

Mind The Net Goaltending understands the importance of individualized, focused goaltender training from Atom up to Pro. Our camps are designed understanding that goaltenders need more than just a low student/instructor ratio to achieve success. Goaltenders need 300-500 repetitions for each skill to become instinctual. Developing a goaltender's instinctual game is the hallmark of Mind The Net Goaltending instruction.

There are no more than five to nine goaltenders on the ice at any MTN Goaltending Camp. In order to develop instinctual movement and responses MTN Goaltending offers each goaltender:

### Guaranteed GSR (Goaltender Specific Reps)

Guaranteed GSR\* is the minimum number of goaltender specific reps each individual can expect to perform per camp they attend. As goaltenders move up through the MTN camps system they are continually building on the number of GSR performed camp to camp, year to year becoming lifelong learners in the art of goaltending.

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

## MTN offers goaltenders:

- 4100+ Guaranteed Goaltender Specific Reps
- Individual attention
- Technical and tactical development
- Transition and team play skills
- Fun and challenging on-ice workouts
- On and off ice video analysis
- *The Mind The Net Goaltending Manual Vol. 1: Basics and Beyond*
- *The MTN Atom/PeeWee Goaltending Camps Workbook*
- Goalie specific off-season training plan
- Mental training/decision training
- Brian's Equipment Demos
- Free Brian's jersey and other prizes
- Excellent homemade meals
- The highest quality instruction available

**Only 12 goaltenders will be  
accepted per camp!**

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(306) 867-8661

## MTN On the Ice

MTN instructors use the newest North American and Finnish training techniques to help each goaltender become fundamentally sound, efficient and athletic.

MTN uses an analytical eye to pinpoint ways to add to the existing strengths of each goaltender's game. MTN's job is to help the goaltender, not change them.

All on-ice drills are done in the defensive zone to ensure more game-like situations. The more game-like the drills the better!

MTN exposes goaltenders to goaltending techniques that many goaltenders are not exposed to or learn until they reach Bantam and Midget hockey. MTN also uses several modern goaltending props such as screen boards, deflection boards and mini-pucks to challenge the goaltender.

MTN's on-ice program is where the goaltender will "Have Fun and Be a Warrior!"

HAS AN  
ASSOCIATION  
WITH



[GOALIEPRO.COM](http://GOALIEPRO.COM)

## MTN Off the Ice

*"Never knew there was so much to learn."  
Atom/PeeWee Camp Goalie Parent*

MTN's hot stove/theory sessions provide opportunities to discuss and analyze issues pertaining to hockey goaltenders.

Daily topics include the goalie's job and responsibilities, technical and tactical discussions, mental training and preparation, coaching and attention to detail.

Strong goaltending requires excellent conditioning. MTN's goaltender specific dynamic warmups, cool downs and training sessions are part of the daily routine.

Emphasis on Guaranteed GSR and the mental aspects of goaltending is what sets Mind The Net apart from the competition.

THE OFFICIAL GOALTENDING  
PARTNER FOR THE



## Mind The Net Goaltending

Cost: \$550 plus GST  
\$275 Deposit required to reserve spot. Remainder due June 15, 2014\*

### REGISTRATION FORM

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

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

City: \_\_\_\_\_

Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_

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

Fax: \_\_\_\_\_

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

Last level played: \_\_\_\_\_

Birth year: \_\_\_\_\_

Please number camp date by preference:

\_\_\_ Atom: August 18-20 Aberdeen, SK

\_\_\_ PeeWee: August 21-23 Aberdeen, SK

\_\_\_ Atom/PeeWee: August 27-29

Meadow Lake, SK

Make cheques payable to:  
Mind The Net Goaltending

Box 400

Outlook, SK

S0L 2N0

Fax (306) 867-9358

\*Cancellation policy: \$275 deposit non-refundable on cancellations before June 15. No refunds after June 15