

MIND THE NET GOALTENDING



Bantam Development Camps

Aberdeen, SK

August 12-15, 2014

www.mtngoaltending.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:

- 4750+ Guaranteed Goaltender Specific Reps
 - Individual attention
 - Technical and tactical development
 - Transition and team play skills
 - Intense on-ice workouts
 - On and off ice video analysis
 - The Mind The Net Goaltending Manual: Vol. 1 Basics and Beyond
 - Goalie specific off-season training plan
 - Mental training/decision training
 - The Art of Self-promotion
 - Brian's Pro Equipment Demos
 - Excellent homemade meals
 - The highest quality instruction available
- Only 8 goaltenders will be accepted per camp!

All goaltenders must be eligible to play Bantam hockey.

Travis Harrington, B.Ed.
travis@mtngoaltending.com
(306) 227-0184

Ian Robertson
ian@mtngoaltending.com
(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 advanced goaltending techniques that many goaltenders are not exposed to or learn until they reach Midget "AAA" and Junior 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!"

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MTN Off the Ice



"The off ice sessions were tough. I would absolutely recommend MTN to other Goalies."

- Evan, 16

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

Daily topics include technical and tactical discussions, mental training and preparation, coaching, off ice conditioning and nutrition, self-promotion and real hockey world issues.

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

Emphasis on Guranteed GSR and the mental aspects of goaltending is what sets

**THE OFFICIAL GOALTENDING
PARTNER FOR THE**



Mind The Net Goaltending

Cost: \$800 plus GST

\$400 Deposit required to secure a spot
Remainder due by June 15, 2014

REGISTRATION FORM

Name: _____

Address: _____

City: _____

Province: _____

Postal Code: _____

Phone: _____

Fax: _____

E-mail: _____

Last level played: _____

Birth year: _____

Make cheques payable to:
Mind The Net Goaltending
Box 400
Outlook, SK
S0L 2N0
Fax (306) 867-9358

*Cancellation policy: \$400 deposit non-refundable on cancellations before June 15 No refunds after June 15