

# MIND THE NET GOALTENDING



## Top Prospects Camps

Aberdeen, SK

July 14-18, 2014

August 5-9, 2014

[www.mtngoaltending.com](http://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:

- 5800+ 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 stack (see website for details)

Students must be established Midget "AAA" up to Major Junior/College goaltenders to attend an MTN Top Prospects Camp

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## 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 their late 20's to early 30's. To further challenge the goaltenders, MTN shooters are established Junior players and higher.

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



"Possibly the most advanced goaltending camp because it lets the goalie be himself as well as teaching the fundamental skills that it takes to be consistent."

- Carsen, AHL Goaltender

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

## MTN Off the Ice

- 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 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: \$1210 plus GST

\$605 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:

\_\_\_\_ July 14-18, 2014

\_\_\_\_ August 5-9, 2014

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

\*Cancellation policy: \$605 deposit non-refundable on cancellations before June 15 No refunds after June 15