



MIND THE NET GOALTENDING

www.mtngoaltending.com

Adult Goaltending Camp – July 23-25, 2014 Aberdeen Rec Complex – Aberdeen, SK

Information Package:

- For goaltenders ages 19 and up!
- Aberdeen, SK is located just:
 - 37.3 km east of Saskatoon, SK
- Only 16 goaltenders accepted (split into two groups of 8 goalies)
 - groups will be divided according to experience and skill level
 - there will be a four station setup (2:1 goalie to instructor ratio or better)

Each goaltender receives:

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- The newest in quality instruction combining North American and Finnish techniques.
- 9 hours of on-ice instruction
- 3 hours of classroom/hotstove discussion (mental training, tactical discussion, Q&A)
- An MTN Goaltending jersey and equipment demos from Brian's Custom Sports.
- A Mind The Net Goaltending water bottle
- A chance to win some fantastic door prizes – Prizes TBA
- An opportunity to join the Staff and fellow students for the Adult Goaltending Camp Social Nights (on the Wednesday and Thursday nights in the Aberdeen Rec Complex Lounge). Spouses/Partners are welcome, all participants must be 19+ years of age.

Group #1 - Daily Schedule:

7:00am - 7:15 am – Registration and Demo Equipment run through.

7:15am - 7:30am - Group #1 - Off-ice warmup/stretch

8:00am – 9:30am – Group #1 – On-ice #1 (Movement only)

10:00am - 11:00am - Dryland Instruction/Prehab

11:00am - 11:30am - Lunch

11:30am - 12:45pm - Classroom/Hotstove

12:45pm - 1:00pm - Group #1 - Off-ice warmup/stretch

1:30pm - 3:00pm - Group #1 - On ice #2 (Shooting Session)

5:30pm – late – Adult Goalie Camp Supper Social Night (the Aberdeen Rec Complex Lounge). During the Supper Social Night the videos from the on-ice sessions will be played for all to enjoy!

Group #2 - Daily Schedule:

8:00am – 8:15am – Group #2 – Registration and Demo Equipment run through

8:15am - 9:15am - Group #2 - Dryland Training and Prehab

10:00am - 11:30am - Group #2 - On-ice #1 (Movement only)

12:00pm - 12:30pm - Lunch

12:30pm - 1:45pm - Classroom/Hotstove (All goalies)

2:30pm - 2:45pm -

3:15pm – 4:45pm – Group #2 – On-ice #2 (Shooting Session)

5:30pm – late – Adult Goalie Camp Supper Social Night (the Aberdeen Rec Complex Lounge). During the Supper Social Night the videos from the on-ice sessions will be played for all to enjoy!

For more information, e-mail travis@mtngoaltending.com or call 1-306-227-0184

Continue on to the registration form...



Registration Form
Adult Goaltending Camp – July 23-25, 2014
Aberdeen Rec Complex – Aberdeen, SK

Name: _____

Address: _____

E-mail: _____

Home Phone: _____

Cell Phone: _____

Years of Experience as a Goaltender:

___ 0-5 years of goaltending experience

___ 6 or more years of goaltending experience

Pads Size: _____ Glove and Blocker Size: _____

Arm and Chest Armour Size: _____ Goalie Pants Size: _____

Cost: \$650.00 (plus GST)

Registration Deposit of \$325 received before May 1, 2014 Guarantees a spot in the Camp (spots filled on a first come, first served based). The balance is payable on June 15.

Deposit and registration fee is non-refundable after June 15 (unless a suitable replacement goaltender can be found and promptly registers in the vacant spot)).

Make cheques payable to:

Mind The Net Goaltending

Box 400

Outlook, SK

S0L 2N0

