



## **Cold Lake Energy Centre Off Season Goalie Sessions**

If you are interested in any of these spring goalie programs, please reply to [stevenlarry3@gmail.com](mailto:stevenlarry3@gmail.com) and you will be tentatively registered. Once we have enough goalies signed up, we will contact you to confirm that you are still interested and book ice times that suit you.

### ***1. Spring Sessions – After School or Weekends***

**Taking advantage of the last remaining months of ice in Cold Lake.  
Once per week or twice per week through April and May.  
You tell us which week day or days will work best for you.**

6 sessions – 1 per week (April and May) - \$75/Session - \$450/All 6 sessions  
12 sessions – 2 per week (April and May) - \$65/Session - \$780/All 12 sessions

### ***2. Days Off School – Before 4:00pm***

**Day 1: Friday, April 30<sup>th</sup> (Family Friday) - Northwest School Division**

**Day 2: Friday, May 21<sup>st</sup> (May Long) - NWSD and Lakeland Catholic Schools**

**Day 3: Monday, May 24<sup>th</sup> (May Long) - NWSD and Lakeland Catholic Schools**

Single session (Indicate which day works best) - \$75  
2 sessions (Indicate which days works best) - \$140  
All 3 sessions - \$195

### ***3. Netscience Summer Goalie Camps***

We believe that goaltending requires great athleticism, visual skills, hockey sense and mental strength that all deserve attention and development. Our summer camps provide intense attention to detail on the ice, and off ice components that ensure a well-rounded, self analysing and confident goaltender.

Each day starts on the ice for 1 hour of developing goalie specific footwork, butterfly mobility and puck handling skills. This time allows for advanced edgework practice and time to perfect details that would otherwise be combined into compound movements within game scenarios.

Classroom topics include sports psychology, nutrition, tactical discussion and the science of skill acquisition. Goalies receive mental training and tactical handouts to keep for continued use after camp.

One thing any athlete can do to improve their craft is become more athletic. Goalies are no exception, as we play the most physically and mentally demanding position in all of sport. Dryland training sessions contain lessons on goalie specific injury prevention, self-myofascial release and nervous system ignition.

Coordination/Vision training sessions focus on the 3 aspects of sports vision:

- 1) Eye-Hand Coordination Training - Developing precision in projectile location and timing.
- 2) Reaction Time Training - Sharpening Eye-Brain-Body cognitive speed.
- 3) Spatial Awareness Training - Gauging projectile speed, refining movement patterns.

We utilize the following training tools to maximize on-ice skill transfer and fun.

- [Vizual Edge Online](#)
- SKLZ Lightning Bolt mini-ball shooter
- Robo-Pong Ball shooter
- NERF Guns + Tracking Grids
- Learning to Juggle and Advanced Wall/Floor Juggling
- Pairs Coordination and Reaction Time Training

Puck Stopping sessions all start with a 15-minute visual warm-up, where goalies will stop 150-200 shots before breaking into situational stations. The next 45 minutes consist of scoring situations that adhere to the days theme. Typical daily focus combinations are Active Hands/Butterfly Mobility, Rebound Recovery/Traffic Control, Adaptive Post-Play/Puck Handling etc.

Scoring situation stations utilize different training tools for skill isolation and game simulation:

- Swivel Vision Goggles
- X-Tracker Masks

- **Screen and Deflection boards**
- **Miniature pucks, White pucks, Colored pucks**

**If you are interested in any of these summer camp options, please indicate which camp or camps work best, and you will be tentatively registered for the camp that best suits your family.**

**Once we have enough goalies signed up, we will contact you to confirm that you are still interested and book ice times that suit you.**

# **Camp Option 1**

**August 18 - 20(Wednesday, Thursday, Friday)**

**Cost \$575**

## **Requested Daily Camp Schedule:**

<b>Check-in and warm up:</b>	<b>10:00 – 10:25</b>
<b>On Ice: Mobility</b>	<b>10:45 – 11:45</b>
<b>Classroom Lecture:</b>	<b>12:05 – 12:50</b>
<b>Vision/Coordination Training:</b>	<b>12:50 – 1:50</b>
<b>Injury Prevention Dryland:</b>	<b>1:50 – 2:15</b>
<b>On Ice: Puck Stopping</b>	<b>2:30 - 3:30</b>

## **Daily Activities:**

**On Ice Training: 2 Hours Daily**

**Classroom Lecture:**

**Tactical Discussion and Sports Psychology**

**Coordination/Vision Performance Training**

**Goalie Specific Injury Prevention Training**

## **Camp Includes:**

**6 Hours of Ice Time**

**Netscience Practice Jersey and Helmet Sticker**

**Package of Racquet Balls (set of 3)**

**GATORADE for between ice sessions**

## **Camp Option 2**

August 20 - 22(Friday, Saturday, Sunday)

Cost: \$450

### **Requested Daily Camp Schedule:**

#### **Friday**

Vision/Coordination Training: 5:00 – 5:30

On Ice: Rust Buster 5:45 – 6:45

Injury Prevention Dryland: 7:00 – 7:30

#### **Saturday and Sunday**

Check-in and warm up: 10:00 – 10:25

On Ice: Mobility 10:45 – 11:45

Classroom Lecture: 12:05 – 12:50

Vision/Coordination Training: 12:50 – 1:50

Injury Prevention Dryland: 1:50 – 2:15

On Ice: Puck Stopping 2:30 - 3:30

#### **Daily Activities:**

On Ice Training: 2 Hours Daily (1 Hr Friday)

Classroom Lecture:

Tactical Discussion and Sports Psychology

Coordination/Vision Performance Training

Goalie Specific Injury Prevention Training

#### **Camp Includes:**

5 Hours of Ice Time

Netscience Practice Jersey and Helmet Sticker

Package of Racquet Balls (set of 3)

GATORADE for between ice sessions

## **Camp Option 3**

**August 23 - 25(Monday, Tuesday, Wednesday)**

**Cost: \$575**

### **Requested Daily Camp Schedule:**

<b>Check-in and warm up:</b>	<b>10:00 – 10:25</b>
<b>On Ice: Mobility</b>	<b>10:45 – 11:45</b>
<b>Classroom Lecture:</b>	<b>12:05 – 12:50</b>
<b>Vision/Coordination Training:</b>	<b>12:50 – 1:50</b>
<b>Injury Prevention Dryland:</b>	<b>1:50 – 2:15</b>
<b>On Ice: Puck Stopping</b>	<b>2:30 - 3:30</b>

### **Daily Activities:**

**On Ice Training: 2 Hours Daily**

**Classroom Lecture: Tactical Discussion and Sports Psychology**

**Coordination/Vision Performance Training**

**Goalie Specific Injury Prevention Training**

### **Camp Includes:**

**6 Hours of Ice Time**

**Netscience Practice Jersey and Helmet Sticker**

**Package of Racquet Balls (set of 3)**

**GATORADE for between ice sessions**