



Cold Lake Goalie School

August 23 - 25(Monday, Tuesday, Wednesday)

Cost: \$575

We are excited to provide the City of Cold Lake with our full summer camp experience. Please follow the link below to read about each facet of Netscience Goalie School.

<https://netsciencegoaltending.com/camp-guide-%26-philosophy>

Camp does not include lunch

Daily Camp Schedule: August 23 - 25

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

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