



# **Stable in the Net** **Mini Camp**



## **Camp Info**

The Mini camp is designed for goalies of all ages. This camp will have 2 separate groups that will be divided based on age or skill level. Each group will have the following components:

**3.75 hours on-ice** - Detailed technical instruction, Prep for upcoming evaluations.

**3 Pilates/Dryland sessions** - Stretching & core strength.

**1 Mental Prep session** - How to mentally prepare to compete at the best of your ability.

## **Daily Schedule (Prospects)**

**Tue Aug. 11:** On-Ice 930-1045am / Off-ice 11-12pm

**Wed Aug. 12:** On-Ice 930-1045am / Mental Prep 11-1130 / Off-Ice 1130-1230

**Thu Aug 13:** On-Ice 930-1045am / Off-ice 11-12pm

## **Notes**

- Registration for each group will begin at 830am on the 15th.
- Ice and dryland will be at the Penhold Multiplex.
- Every goalie will receive a limited edition jersey to wear at the camp and to keep.
- Proper gym wear will be necessary for all off-ice sessions.
- Other Merchandise will be available for purchase throughout the week.