

2018 WATFORD GOALIE CLINIC



Tentative Schedule

Friday: June 15th:

12:30 - 1:00 Registration - .5 hour

1:00 - 2:15 Classroom Session - 1.25 hours

2:30 - 3:45 Dryland session - 1.25 hours

4:15 - 5:45 On-ice session - 1.5 hours

5:45 - 7:00 Dinner Break

7:00 - 8:00 Goalie Yoga/Reflection time

Saturday: June 16th:

8:45 - 9:45 On-Ice - 1 hour

10:15 - 11:30 Dryland session - 1.25 hours

11:30 - 12:30 Lunch/Reflection time

12:30 - 1:30 Classroom - 1.25 hours

2:00 - 3:30 On-ice session - 1.5 hours

3:45 End of Camp Meeting