

2018 BISMARCK GOALIE CAMP



Tentative Schedule

Friday; July 27th:

1:00 - 1:30 Registration - Main Rink Lobby

1:30 - 2:00 Intro Meeting - Upper level Wachter

2:30 - 4:00 Group 1 On-Ice

2:15 - 3:45 Group 2 Off-Ice (other empty sheet)

4:15 - 5:45 Group 2 On-Ice

4:15 - 5:45 Group 1 Off-Ice

DINNER BREAK / TRANSITION TO FACILITY 6:00 to 7:00

7:00 - 7:30 Group 1 Classroom / Film Session

7:00 - 7:30 Group 2 Yoga

7:30 - 8:00 Group 2 Classroom / Film Session

7:45 - 8:15 Group 1 Yoga

Saturday; July 28th:

8:15 - 9:15 Group 1 Off-Ice Dynamic Warm-Up Vision

8:30 - 9:30 Group 2 On-Ice

9:45 - 10:45 Group 1 On-Ice

9:45 - 10:45 Group 2 Off-Ice Dynamic Warm-Up Vision

11:00 - 12:00 All Goalies Classroom (Rink Upper Level)

LUNCH BREAK 12:00 - 12:45

1:15 - 2:30 Group 1 Off-Ice Strength

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1:15 - 2:45 Group 2 On-Ice

3:00 - 4:30 Group 1 On-Ice

3:00 - 4:15 Group 2 Off-Ice Strength

4:45 - 6:00 All Goalies Classroom (Rink Upper Level)

TRANSITION BREAK TO FACILITY

Facility Party

Sunday July 29th:

8:00 - 9:00 All Goalies Classroom (Rink Upper Level)

9:15 - 10:45 Group 2 Off-Ice Yoga

9:30 - 11:00 Group 1 On-Ice

11:15 - 12:45 Group 2 On-Ice

11:15 - 12:45 Group 1 Off-Ice Yoga

1:30 Exit Meeting / Rewards