

# 2018 ELITE GOALIE CAMP SCHEDULE



## **Tuesday; June 26th:**

1:00 - 1:30 Intro / Hangout	Goalrobber Facility
1:30 - 2:15 Goalie Power Yoga	Goalrobber Facility
2:15 - 3:00 Vision Training / Eye Tuner	Goalrobber Facility
3:45 - 5:15 On Ice Basic Saves	Starion Sports Complex
7:00 PM Optional Chel Tournament	Goalrobber Facility

## **Wednesday; June 27th:**

8:30 - 9:30 Practice Film / Daily Planning / Goal Setting	Goalrobber Facility
9:35 - 10:35 Goalie Hip Strength & Power Workout	Goalrobber Facility
-Snack-	
11:30 - 12:30 On Ice Skating Skills	Starion Sports Complex
-Lunch Break Not Provided-	
2:30 - 4:00 On-Ice Goalie Skills	Starion Sports Complex
-Dinner Break not provided-	
5:30 - 6:30 Goalie Restorative Yoga	Goalrobber Facility

## **Thursday; June 28th:**

9:30 - 10:00 Morning Hip Primer with vision	Starion Sports Complex
10:30 - 12:00 On-Ice Tactical Play	Starion Sports Complex
-Lunch Break Not Provided-	
1:00 - 2:00 Practice Film / Vision Training Split	Goalrobber Facility
2:00 Exit Meetings Begin	Goalrobber Facility