

2021 ELITE GOALIE CAMP SCHEDULE

Thursday: June 17th:

12:00 - 12:30 Check In	Goalrobber Facility
12:30 - 1:00 Intro	Goalrobber Facility
1:00 - 1:30 Pillar Prep	Goalrobber Facility
1:45 - 2:30 Vision Training	Goalrobber Facility
3:15 - 4:45 On-Ice Session #1	Capital Ice Complex
6:30 - 7:15 Goalie Seminar	Goalrobber Facility
7:30 - 8:15 Active Recovery	Goalrobber Facility

Friday: June 18th:

8:30 - 9:00 Pre-Skate Primer	Starion Sports Complex
9:30 - 11:00 On-Ice Session #2	Starion Sports Complex
12:45 - 1:30 Seminar/Vision Split	Goalrobber Facility
1:45 - 2:30 Seminar/Vision Split	Goalrobber Facility
3:15 - 4:45 On-Ice Session #3	Capital Ice Complex
6:30 - 7:15 Film Analysis	Goalrobber Facility
7:30 Goalrobber Social	Goalrobber Facility

Saturday: June 19th:

9:00 - 10:30 On-Ice Session #4	Capital Ice Complex
11:30 - 12:30 Mindful Meditation	Goalrobber Facility
12:30 - 1:30 Functional Movement	Goalrobber Facility
3:15 - 4:45 On-Ice Session #5	Capital Ice Complex