

# 2022 BISMARCK GOALROBBER SCHEDULE

## Friday, July 29th:

12:30 - 1:00 Check In - Capital Ice Complex Lobby  
1:00 - 1:30 Intro/Welcome Meeting (Parent/Goalie)  
2:00 - 3:30 Group 1 On-Ice Basic Saves  
2:00 - 3:15 Group 2 Off-Ice  
3:45 - 5:15 Group 2 On-Ice Basic Saves  
4:00 - 5:15 Group 1 Off-Ice  
DINNER BREAK (On Your Own)  
7:00 - 7:30 Group 2 Goalie Seminar  
7:00 - 7:30 Group 1 Recovery  
7:45 - 8:15 Group 1 Goalie Seminar  
7:45 - 8:15 Group 2 Recovery

## Saturday, July 30th:

8:30 - 9:30 Group 1 On-Ice  
8:30 - 9:30 Group 2 Off-Ice  
9:45 - 10:45 Group 2 On-Ice  
9:45 - 10:45 Group 1 Off-Ice  
11:00 - 11:30 Group 1 Goalie Seminar  
11:00 - 11:30 Group 2 Goalie Seminar  
11:30 - 12:00 Group 1 Goalie Seminar  
11:30 - 12:00 Group 2 Goalie Seminar  
LUNCH BREAK (On your own)  
1:15 - 2:45 Group 1 On-Ice  
1:15 - 2:30 Group 2 Off-Ice  
3:00 - 4:30 Group 2 On-Ice  
3:15 - 4:30 Group 1 Off-Ice  
4:45 - 5:15 Group 1 Goalie Seminar  
4:45 - 5:15 Group 2 Goalie Seminar  
5:30 - 6:00 Group 1 Goalie Seminar  
5:30 - 6:00 Group 2 Goalie Seminar  
7:00 Goalrobber Social (1341 S. 20th Street Bismarck, ND)

## Sunday, July 31st:

8:00 - 9:00 All Goalie Seminar  
9:30 - 11:00 Group 1 On-Ice  
9:30 - 10:45 Group 2 Off-Ice  
11:15 - 12:45 Group 2 On-Ice  
11:30 - 12:45 Group 1 Off-Ice  
1:15 Exit Meeting (Parent/Goalie)