

# GOALTENDING CAMP

Sponsored by the Washington County Northstars

## Head Goalie Instructor:

<b>CHRIS PAULIN</b>
NCAA DIV. I (Niagara University)
Professional Hockey (FHL)
Head Goalie instructor for Ascension Goaltending
Goalie Instructor for FCA Hockey



### What you can expect from this camp:

The goal for the camp is to help develop a well-rounded goalie, with confidence and skills both on and off the ice. Topics of study will include:

- Goaltending mechanics and techniques
- Intense physical training
- Mental preparation
- Motivational principles and concepts
- Nutrition information
- How to handle adversity and opportunity

<b>What are we offering?</b>	<b>2 - 2 day camps</b>
<b>Where?</b>	<b>Hagerstown Ice &amp; Sports Complex, Hagerstown, M.D.</b>
<b>When?</b>	<b>Aug. 14-17</b>
<b>How Many Goaltenders?</b>	<ul style="list-style-type: none"><li>• 4 per group (<b>Limited availability</b>)</li><li>• 2:1 Goaltender per net ratio</li></ul>
<b>What is Included?</b>	<ul style="list-style-type: none"><li>• <b>1.5 hours of on-ice instruction per day.</b></li><li>• <b>1 hour classroom session per day</b> (Including video analysis illustrating goaltending concepts and the misconceptions of goaltender positioning, mindset training, and nutrition information)</li><li>• <b>1.5 hours of intense off-ice conditioning per day.</b></li><li>• <b>Healthy snacks provided.</b></li></ul>

For more information or to register, contact:

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