

2014 Programs

Information and Schedule



www.goaliesinc.com



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Contact Jim Stanaway:
906-361-6052

or

Goaliesinc35@gmail.com

Refund Policy:

No refunds will be permitted. No transfer of funds to another camp/program. When payments are received a spot will be held for registered camp only. No spots in a Goalies Inc. Hockey School camp are guaranteed until full payment is received. The refund policy will be strictly enforced regardless of the reason for cancellation or early departure. Departing players should consult with the camp director when an early departure or cancellation is necessary. If camp is cancelled or postponed, Goalies Inc. Hockey School will refund registration fees, but cannot be held responsible for any related costs, charges or expenses including cancellation/change charges assessed by airlines, travel agencies or hotels.

Please check the box on the bottom of the registration form after reading this policy.



Name:

Parent/Guardian Name:

Phone #:

Email Address:

Address:

Select your camp(s)

June 7-8 • Oshkosh - \$275	Aug. 16-17 • Marquette - \$275
Aug. 23-24 • Oshkosh - \$275	Sept. 6-7 • Delafield - \$275
Sept. 13-14 • Superior - \$275	Oct. 11-12 • Marshfield - \$275
Dec. 22-23 • Brookfield* - \$275	Dec. 29-30 • Oshkosh* - \$275
Power Skating • May-June - \$175	Power Skating - July-Aug - \$175
Dry-Land • May-June - \$50	Dry-Land • July-Aug - \$50
Yoga • May-June - \$50	Yoga • July-Aug - \$50

City:

Jersey Size:

Small	Medium
Large	XX-Large

Parent/Guardian Signature:

Amount Enclosed:

Mail Check or Money Order to:

Jim Stanaway
148 County Road 545
Marquette, MI 49855

\$25 Discount - Register before April 30, 2014
 \$25 Discount - Register for Power Skating, Dry-Land & Yoga

*Ice Time ONLY, No Dry-Land or Lunch provided

Initial here if you've read and understand the refund policy on the back of the brochure.

M / F

Age:

St:

Zip:



2014 Schedule

June 7-8 Oshkosh, WI	August 16-17 Marquette, MI
August 23-24 Oshkosh, WI	September 6-7 Delafield, WI
September 13-14 Superior, WI	October 11-12 Marshfield, WI
December 22-23 Brookfield, WI	December 29-30 Oshkosh, WI

Power Skating for Goalies

Session 1 • Oshkosh WI • May-June

Session 2 • Oshkosh, WI • July-August



Goaltender Training Camps

Goalies, Inc. Hockey School's Goaltender Training Camps offer two high-intensity days of on-ice and off-ice instruction. We start our goaltenders with solid fundamentals and clean footwork. We focus a great deal on proper, balanced footwork and using these movements in game situation drills. This allows our students to effectively use our instruction and apply it to their game.



We train our goaltenders to be athletes, not robots. We have a unique ability to break down the position into an easily understood system that will allow each student to relate each movement to the next. We want our students to develop a clear understanding of the position and constantly be progressing every time we touch the ice. We train our minds as well as our bodies.

Our camps are open to goaltenders of all ages and skill levels. Our high intensity

workout and unmatched attention to detail allow our camps to be relevant to any goaltender, regardless of his or her background. When combined with our power skating program, these camps provide a great training program that is both physically and mentally challenging.

On-Ice

- Stance
- Balance
- Lateral movement
- T-Push
- Shuffle
- Shot prep
- Butterfly
- Butterfly slide
- Recovery
- Game situations
- Blocking
- Reacting

Off-Ice

- Core strength & stability
- Lateral speed
- Explosiveness trainer
- Flexibility
- Total body conditioning



Power Skating Programs

Goalies Inc. Hockey School's five-week Power Skating Program is broken into three sections: Yoga, Power Skating and Dry-Land Training. These three sections, when combined with our goaltending training camps, are designed to give our goaltenders a training program that is physically and mentally challenging. This well-rounded program promotes positive



attitudes and growth in all aspects of our student's everyday lives.

Balanced and controlled movements are vital to a goaltender's growth as an athlete. His or her ability to move within the crease directly relates to how effective he or she will be at stopping the puck. The power skating portion of this program consists of skating only, no pucks. Practicing the movements without pucks helps the goaltenders train through repetition and develop muscle

memory in order to create good habits. The addition of yoga and dry-land training helps to build our player's strength and flexibility, which are critical to their success on the ice.

Yoga

- Flexibility
- Strength
- Balance
- Overall Health

Power Skating

- Muscle Memory
- Powerful & Controlled Movements
- Balance
- Lateral Mobility

Dry-Land Training

- Joint Protection
- Explosiveness
- Speed & Reaction Time
- Hand-Eye Coordination

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