

2017 SaveMaker Goalie Camp

Elite Group Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:45am: Check In	9:45am: Check In	9:45am: Check In	9:45am: Check In	9:45am: Check In
10:00-10:20am: Off-Ice Warmup	10:00-10:20am: Off-Ice Warmup	10:00-10:20am: Off-Ice Warmup	10:00-10:20am: Off-Ice Warmup	10:00-10:20am: Off-Ice Warmup
10:45-11:45am: On-Ice	10:45-11:45am: On-Ice	10:45-11:45am: On-Ice	10:45-11:45am: On-Ice	10:45-11:45am: On-Ice
12:00 - 1:00pm: Off-Ice Conditioning - Athletic Development	12:00 - 1:00pm: Off-Ice Conditioning - Yoga - Bring Yoga Mat and towel	12:00 - 1:00pm: Off-Ice Conditioning - Athletic Development	12:00 - 1:00pm: Off-Ice Conditioning - Yoga - Bring Yoga Mat and towel	12:00 - 1:00pm: Off-Ice Conditioning - Athletic Development
1:00 - 1:30pm: Lunch	1:00 - 1:30pm: Lunch	1:00 - 1:30pm: Lunch	1:00 - 1:30pm: Lunch	1:00 - 1:30pm: Lunch
1:30 - 2:15pm: Classroom Development - Video and Goalie Seminars	1:30 - 2:15pm: Vaughn Hockey Demonstration	1:30 - 2:15pm: Classroom Development - Video and Goalie Seminars	1:30 - 2:15pm: Classroom Development - Video and Goalie Seminars	1:30 - 2:15pm: Classroom Development - Video and Goalie Seminars
2:30 - 4:00pm: On-Ice - Station work - Technical and Game Situations	2:30 - 4:00pm: On-Ice - Station work - Technical and Game Situations	2:30 - 4:00pm: On-Ice - Station work - Technical and Game Situations	2:30 - 4:00pm: On-Ice - Station work - Technical and Game Situations	2:30 - 4:00pm: On-Ice - Station work - Technical and Game Situations
4:15pm: Checkout	4:15pm: Checkout	Sport Psych Presentation (4:00 - 5:00 pm) Parents highly encouraged to attend	4:15pm: Checkout	4:15pm: Checkout
		5:00pm: Checkout		