



Intensive Summer Training

\$250/week

8 weeks of customized training to prepare you for your best season possible.

MONDAY
Off-ice warm-up and skills 6:45am
On-Ice Goalie Development 7:30-8:45am
Video Review

WEDNESDAY
Off-ice warm-up and skills 6:45am
On-Ice Goalie Development 7:30-8:45am
Video Review

FRIDAY
On-Ice Skills & Coordination, 7:30-8:30am (no shooters)

<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>	<i>Week 5</i>	<i>Week 6</i>	<i>Week 7</i>	<i>Week 8</i>
7/6	7/13	7/20	7/27	8/3	8/10	8/17	8/24
7/8	7/15	7/22	7/29	8/5	8/12	8/19	8/26
7/10	7/17	7/24	7/31	8/7	8/14	8/21	8/28

At Brewster Ice Arena



Mentorship guided program consisting of both On and Off-Ice training.

On-Ice Goalie Development, On-Ice Goalie Skills and Coordination.

(Monday Wednesday Friday)

Off-Ice will include foam rolling, dynamic warm-ups, goalie skills and coordination, video review and chalk talk.

Part of the intensive summer training program will include suggested workouts to be done on own. Such as T25, yoga, spin, tai chi, MMA, swimming. Coach Matt Grogan will help each goaltender map out their Summer off-ice plans and goals.

Come train with a group that is serious and motivated to take their game to the next level. This training program is offered to a limited number of goalies.

REGISTRATION

*Please fill out form and send to Matt at primegoaltending@gmail.com
Venmo, Paypal, cash, check. Make checks payable to Prime Goaltending.*

ATHLETE INFORMATION

NAME _____ BIRTH YEAR _____

EMERGENCY CONTACT NAME _____ PHONE # _____

E-MAIL ADDRESS _____

I hereby grant permission to *Prime Goaltending* to use photographs and/or video of me in publications, online, and in other communications related to the mission of *Prime Goaltending*.

(Signature of Adult, or Guardian of Children under age 18)