



Intensive Summer Training

\$250/week

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

MONDAY & WEDNESDAYS

6:30-7:15am Dynamic Warm-up

Hand Eye Coordination & Athleticism

7:30-8:45am On-Ice Goalie Development

9:00-9:30am T25, Cool Down & Stretch

9:30-10:00am Video Review & Chalk Talk

FRIDAYS

6:30-7:15am Dynamic Warm-up

Hand Eye Coordination & Athleticism

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

8:45-9:15am Off-Ice Conditioning Test

<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

On the Studio Rink 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)