

# The Rick St. Croix School of **Goaltending**

is coming to Chippewa Falls!

June 21-24, 2010

8:30-4:30



This 23 hour program is a full day program that is intended to provide a complete overview to those wanting to become a better goaltender. This program covers mental and physical preparation and builds a strong foundation on the areas of balance, angles, rebound control and save selection.

This program will challenge male and female goaltenders 7-16 years of age and will increase your knowledge and love of the game. Novice to elite, this is a suitable program for goalies at all stages of their development. A student to instructor ratio of 3 to 1 is maintained for the highest quality.

Each day consists of the following:

- 3 hours of ice time
  - balance an angles
  - rebound control
  - save selection
- 1.5 hours of dry land training - fundamentals will be stressed both on and off ice. Drills that concentrate on post to post movement, stick awareness, rebound control, save selection, agility and angles.
  - cardio and strength conditioning
  - drills designed specifically for goaltenders
  - tips on maintaining fitness all year around
- 1 hour of classroom - classroom sessions are organized periods of learning including theory, chalk talks and question and answer
  - hockey and fitness theory
  - advice on mental preparation
  - tips on nutrition
- a windup party with awards and prizes is scheduled for the final day of the program

To register: [www.rickstcroix.com](http://www.rickstcroix.com)

or send payment (\$470) and player information to:

The Rick St. Croix School of Goaltending  
27 Brigantine Bay  
Winnipeg, MB R3P 1R1

For more information: Call Tammy Tillotson at 715-720-0448