

# GENESIS

HOCKEY CLUB



## 2019 Genesis Summer Goalie Camp June 24-27 Hatfield Ice Rink (Green)

### Daily Schedule

Activity	Time
Daily Arrival	8:00am
Dynamic Stretch	8:10am – 8:30am
Ice (Skating)	9:00am – 10:30am
Classroom	10:45am – 11:45am
Lunch / Break	11:45am – 1:00pm
Ice (Stations)	1:30pm – 3:00pm
Day Ends / Pickup	3:00pm

### *What do I need to know?*

- Bring running sneakers and workout clothes
- You can bring a lunch or buy a lunch program on opening day
- Bring your own water bottle
- Bring a notepad and pen for the classroom
- You will receive a Genesis Camp Jersey
- Make sure you eat a lite breakfast before you arrive
- NO PARENTS ARE TO BE IN THE LOCKER ROOM
- Expect to work HARD!

All players need to be productive and self-sufficient (fully able to dress themselves)

Any players who are disruptive or unruly will be asked to leave

Any questions? Please text Coach Economou (Econ) directly: (215) 313-8551