

GOALIE CAMP



Rochester Recreation Center - Rochester, MN

- ◆ **EDGEWORK & SKATING**
- ◆ **QUICKNESS TRAINING**
- ◆ **PUCK TRACKING**
- ◆ **REBOUND CONTROL**
- ◆ **CORE FUNDAMENTALS WITH AN EMPHASIS ON POSITIONING**

\$ 275

BEGINNER CAMP

Saturday & Sunday, Aug. 3 - 18 12:00-1:00pm

EXPERIENCED CAMP

Saturday & Sunday, Aug. 3 - 18 1:15pm-2:15pm

This goalie camp is broken up by level of experience. Beginners will work on the fundamentals to develop a proper foundation for the position. Experienced goalies will be challenged to create better habits and will learn the new save techniques.



SCAN TO REGISTER/INFO



Cory Simons

Owner, IQ Goaltending

Former Goalie UW-Superior / Major in Exercise Science

