



March Break Camp

Date and times: March 16th-20th – 9:15am to 4:15pm

Location: Minto, Studio ice surface

Camp Features: Two groups of goalies with a maximum of 6 goalies per group

- Group A ages 9-10-11
- Group B ages 12-13-14

Cost: \$700 tax included for the week. (Includes Jersey)

Program features

3 hours of on-ice training per day

- Each on-ice session will have an intense mixture of drills that move along in a progressional manner. With such a small number of goalies on the ice, each goalie will have adequate time to practice each new skill at their own pace. Each day will feature a unique “showdown”, where we can mix the skills practiced that day into a fun competition between the goalies and the shooters.

3 hours of off-ice training per day

- Video review of previous on-ice session
 - 3 video cameras will be set up on the ice to capture one of the on-ice sessions each day. After the on-ice session, the video will be reviewed and analyzed in the classroom
- Mental training
 - Each day will feature a mental skill, such as visualization techniques, mind control and focus, stress management and preparation
- Strength and endurance training
 - The physical training program will focus on developing the goaltender’s lower body and core strength, and help to develop the cardiovascular system to increase endurance
- Stretching
 - Daily stretching program to help with injury prevention and flexibility
- Daily classroom theory lessons
 - Classroom lessons to help each goalie learn more about the position and the components involved



Staff

All staff members are experienced shooters and goalie coaches who have worked with AMHD on a regular basis and who are aware of and understand the AMHD teaching philosophies.

Registration

To register, please send an email to coach@mercerhockey.com requesting a spot in one of the camps. Please include the camp number or name in which you wish to register, the applicant's name and age. Once I receive your registration email, I will send you a return email including a registration package; you will need to follow the directions in the package to complete the registration process. NOTE: no booking is confirmed until the full registration process is completed.

Payment and cancellation

Payments must be included with your registration form (your registration package will have full details). All cancellations must be made 30 days before the start date for your camp to qualify for a full refund.