



Summer Goalie Program 2023

All information below is for **current bantam and high school** goalies.
(Girls – 14U and up)

Please read everything BEFORE registering!

Bantam/HS Goalie Program Overview

Tuesdays and Thursdays are goalie-specific training days. We will have an hour workout with Nick Stirmel, Director of Strength and Conditioning, an hour of off-ice training that will include video, puck handling, hand-eye and vision training, and mental performance, and an hour of goalie ice.

On Wednesdays, goalies will be encouraged to follow their age and group schedules for an on-ice practice with their peers. On Fridays, goalies are required to follow their age schedule for on-ice games and a workout with their peers.

Schedule (June 19-August 25*):

Tuesdays AND Thursdays	Wednesdays (encouraged)	Fridays (required)
1:15-2:15pm Workout	Follow age/group schedule:	Follow age schedule:
2:30-3:30pm Goalie Off Ice	HS Boys 1: 8:15am On Ice HS Boys 2: 9:30am On Ice	HS Boys: 8:15-10:30am
3:45-4:45pm Goalie Ice	HS Girls: 10:45am On Ice	HS Girls: 9:30-11:45am
	Bantam 1: 12:00pm On Ice Bantam 2: 1:15pm On Ice	Bantams: 1:15-3:30pm

*Off the week of July 4

All goalies in the summer program will be encouraged to attend Wednesday practices and required to attend Friday game days. A signup process will be circulated closer to the summer to ensure most Wednesday groups have at least one goalie at practice.

Cost includes:

- 8 weeks of goalie training
- 2 hours of ice/week
- 2 hours of off-ice/week
- 3 hours of workout/week
- 1 skate during “Springboard Week” (described on next page)
- VSA Goaltending jersey and t-shirt

Total hours of training: 57

Included free of charge for all goalies:

20 total hours of on-ice practices with players and games

Cost: \$1,585.00

*Guardians get 20% off with UPDATED discount code!
Code will be sent to all Guardians via email.*

Spots are limited, sign up today!

Click [here](#) to register.

Please contact Erin Connolly with any questions!

erin.connolly@valleysports.academy

“Springboard Week” June 5-9, 2023

Lead Goalie Coach Erin Connolly will be out of town for professional development opportunities through USA Hockey the week of June 12-16 and another week in late June or July (TBD). During these two weeks, goalies will be strongly encouraged to join their age groups for all activities.

To provide additional opportunities for goalie on-ice training, we will have a “Springboard Week” June 5-9. Two skates will be offered every day, one during the day and one during the evening for those still in school. Goalies can skate once a day, all five days if they choose. The cost of one (1) skate will be factored into the program cost. Any additional skates will be free of charge.

To clarify, schedule for the first three weeks of the summer are as follows:

June 5-9 – Springboard Week

June 12-16 – Follow age groups for three days of Summer Skills Program

June 19-23 – Week 1 of Summer Goalie Program

Registration link will be sent to all goalies who register for the Summer Goalie Program!