



**GOLD**  
I N T H E N E T<sup>®</sup>  
SINCE 1986

**All Ages. All Levels. Goalie Excellence.**

# IN-SEASON CLINICS

Our clinics are specifically designed to address the needs of our students striving to grow their game during the season. This program balances out the goalie's workout by accelerating the development process.

This 90-minute workout is largely based on the Pro Development Program, that balances the individualized workouts with these three phases:

- **30-minute - Personal Development Ice:** Each goalie will have their own private net for the one-third of the session along with a shooter to create explosive power, intense tracking, forward motion, control work on speed, agility, and reads for 30 minutes.
- **30-minute - Skill Refinement and Theory Ice:** Vital areas of the game can be taken for granted, This 30-minute workout will be solely dedicated to enhancing skills like puck handling, movements, power skating and refining the skills that the goalie will need to rely on during the season.
- **30-minute - Drill Session:** The only time when the goalie will share a net and is meant to completely balance the goalie's workout with game situational drills.

## DATES:

Oct 4, 11, 18 Nov 1, 8, 15, 22, 29 Jan 3, 10, 17, 24, 31 Feb 7, 14, 21, 28

## PRICING:

Individual Clinics: \$125 + gst

12 Clinic Package \$1275+gst

25 Clinic Package \$2250+gst

Vaughn demo gear is available to try or purchase.