



GOLD

IN THE NET®

SINCE 1986

All Ages. All Levels. Goalie Excellence.

IN-SEASON CLINICS

These sessions are as close to a private workout as you can receive, without the high ticket price. Designed to focus on personal development, skill refinement, theory and drills. A way to train throughout the season that balances the goalie's workout to perfection.

MONDAY MORNING POWER HOUR

Mondays from 7-7:45am

(10 sessions total) This is a 45-minute Intense ice session consisting of purely skating and puck handling for those extra motivated goalies who want to put in the extra work to gain an advantage over their peers.

DATES:

OCT 7, 28 NOV 4, 25 DEC 2, 9 JAN 13, 27 FEB 10, 24

PRICING:

Individual \$55 per goalie +gst

5 pack - \$225 +gst (\$45 per session)

10 pack - \$400 +gst (\$40 per session)

THURSDAY MORNING BREAKFAST CLUB

Thursdays from 6:45-7:45am

(16 sessions total) Designed to be a perfect workout 15-15-30 breakdown. 15 minutes with a combination of footwork, Padwork & Puck Handling. 15 Minutes of an Individual Net warmup/tracking drills focused on fundamentals to improve Tracking and Hands while incorporating a variety of off post, recovery and speed drills. Finish off with 30 minutes of drills, each of the 16 sessions has a specific theme to touch on several key aspects of a goalies game. These sessions are meant to be the perfect compliment to help fill the voids from regular practice while equipping our students to take the tools learned and get more out of their regular team practices.

DATES:

OCT 10, 17, 24, 31 NOV 7, 14, 21, 28 JAN 9, 16, 23, 30 FEB 6, 13, 20, 27

PRICING:

Individuals - \$115 + gst/session

8 Pack - \$90 + gst/session (\$720)

16 Pack - \$75+gst/session (\$1200)

Vaughn demo gear is available to try or purchase.