



GOLD
I N T H E N E T[®]

SINCE 1986

All Ages. All Levels. Goalie Excellence.

ADVANCED

Suitable for U11, U13 Competitive goalies

The **Advanced** Program has been specifically designed to enhance the goalie's overall growth, development, and knowledge of the position. Stance, Butterfly Mechanics, Movements, Angles & Positioning, Reads, Tracking, Speed, Post Play, Breakaways etc. will be covered in this program. It will continue to refine movements to perfection while going over the latest in techniques to prepare our students for their upcoming season.

FEATURES:

- 2.25 Hours of Ice Daily
- 3:1 Goalie to Coach/Net Ratio
- Off Ice Skill Development (Dryland, Ballwork, Stretching, Recovery, Lecture)
- Foot work, Pad Work, Puck Handling
- Drill Session
- Shooter at every net
- Gold In The Net Jersey
- GITN Merch Bag
- 11.25 total hours on ice
- Video Add On \$75

Vaughn demo gear is available to try, purchase and pre order.

Build Skills. Build Confidence.

Helping growing goalies refine technique, stay motivated, and gain the confidence to take the next step.