

**Stauber's Goalcrease
Intense Northern Goalie Camp**

Grand Rapids, MN

Sunday, August 8th

12:00 – 1:00 pm Check-In / Registration
1:00 – 1:30 pm Camp Overview with Robb Stauber

<u>Group A</u>		<u>Group B</u>		<u>Group C</u>	
2:00 – 3:00 pm	On-Ice Training	2:30 pm	Warm-Up	3:00 pm	Warm-Up
3:30 – 4:30 pm	Dryland Training	3:15 – 4:15 pm	On-Ice Training	4:30 – 5:30 pm	On-Ice Training
5:00 pm	Supper	5:00 – 6:00 pm	Dryland Training	6:15 pm	Supper
5:45 – 6:45 pm	On-Ice Training	6:15 pm	Supper	6:45 – 7:45 pm	Dryland Training
7:15 pm	30 minute cool-down	7:00 – 8:00 pm	On-Ice Training	8:15 – 9:15 pm	On-Ice Training

Monday – Wednesday, August 9 – 11th

<u>Group A</u>		<u>Group B</u>		<u>Group C</u>	
8:00 – 9:00 am	On-Ice Training	9:15 – 10:15 am	On-Ice Training	9:30 am	Warm-Up
9:30 – 10:30 am	Dryland Training	10:30 – 11:10 am	Dryland Training	10:30 – 11:30 am	On-Ice Training
10:45 am	Warm-Up	11:45 am	Lunch	11:45 am	30 minute cool-down
12:00 – 1:10 pm	On-Ice Training	12:15 pm	Warm-Up	12:30 pm	Lunch
1:30 pm	Lunch	1:20 – 2:30 pm	On-Ice Training	1:15 – 2:15 pm	Dryland Training
2:30 pm	30 minute cool-down	3:00 pm	30 minute cool-down	2:40 – 3:50 pm	On-Ice Training
4:30 – 5:00 pm	Video	4:30 – 5:00 pm	Video	4:30 – 5:00 pm	Video

- # 8.75 hours of on-ice instruction
- # 4 hours of dryland training
- # Learn proper warm-ups and cool-downs
- # Video sessions daily