



Protec Ponds Ice Center

Strength and Conditioning Program



Spring Goalie Development Camp

April 19 - June 18

Calling all goalies! Time to prepare for next season! Our Spring Off-Ice Development Camp at Protec Ponds is designed to help keep you in game shape. Athletes will meet 2 times a week for a total of 16 training sessions. Over the these next 8 weeks, you will focus on:

- **SPEED** - Acceleration, Deceleration, Linear and Lateral Movement Techniques
- **EXPLOSIVE POWER** - Plyometrics, Jumping and Landing Techniques, and Med Ball Training
- **STRENGTH** - Functional Approach with thorough Instruction, Focusing on Lower Body, Upper Body, and Core
- **CONDITIONING** - Game Ready Preparation
- **MOBILITY** - Dynamic Warm Up and various forms of Stretching and Muscle Activation
- **INJURY REDUCTION** - Identify and Correct Muscular Imbalances, Balance and Stabilization
- **NUTRITION EDUCATION** - Lessons, Tips and Advice

All athletes will be led by our own strength and conditioning professional, Coach Dan Ostberg. Coach Dan has experience training and coaching Youth, High School, NCAA D1, and Olympic level athletes.

SCHEDULE

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|-----------------|--------------------------|
| SQUIRT - | Tuesday/Thursday at 3 pm |
| PEEWEE - | Tuesday/Thursday at 3 pm |
| BANTAM - | Monday/Wednesday at 3 pm |
| MIDGET - | Monday/Wednesday at 3 pm |

COST

For registered Protec Goalies \$320 if registered by 4/16, \$400 after 4/16

For non-registered Protec Goalies \$400 if registered by 4/16, \$480 after 4/16

Squirt/Peewee start the week of April 26 and end June 18. Bantam/Midget start week of 19 and end June 14.