



*****PRE-SEASON PREP CAMP*****

August 21-23 2017

Daily Breakdown:

1.25 hours on ice per day
1 hour of classroom/seminar per day
1 hour of off ice fitness training per day
1 hour of Video Analysis per day

Lead Instructor: Jason Quinn
Guest Instructors: TBA Soon!

Location: Kent Valley Ice Centre
Time: 10:30am-4:30pm

Open to Goalies of all ages!

Cost: \$385

Register today by emailing quinnsgoaltending@gmail.com!!

