

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

Grand Rapids, MN

Saturday, August 3rd

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

Group A

2:00 – 3:15 pm On-Ice Training
4:00 – 4:45 pm Dryland Training
5:00 pm Supper
5:45 – 6:45 pm On-Ice Training
7:00 pm 30 minute cool-down

Group B

2:45 pm Warm-Up
3:30 – 4:45 pm On-Ice Training
5:00 Supper
6:00 – 6:45 pm Dryland Training
7:00 – 8:00 pm On-Ice Training

Sunday, August 4th - Tuesday, August 6th

Group A

8:45 – 10:00 am On-Ice Training
10:30 – 11:15 am Dryland Training
11:45 am Lunch
12:15 pm Warm-Up
12:45 - 2:00 pm On-Ice Instruction
2:30 – 3:00 pm 30 minute cool-down
3:45 – 4:30 pm Video

Group B

8:45 – 9:30 am Dryland Training
10:15 – 11:30 am On-Ice Training
11:45 am Lunch
1:15 pm Warm-Up
2:15 – 3:30 pm On-Ice Training
3:45 – 4:30 Video

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

**Schedule subject to change to accommodate numbers