



# **FALMOUTH 2021 SUMMER GOALIE CLINIC**

## **Falmouth Ice Arena**

9 Technology Park Drive, East Falmouth, MA

### **GOALTENDING DEVELOPMENT CLINIC AND DRYLAND TRAINING**

**Mondays from July 12<sup>th</sup> – August 16<sup>th</sup>**

**Open to all Age Levels!**

**GOALTENDING DEVELOPMENT CLINIC: \$225**

**Time: 5:00pm – 6:00pm**

***Directed by Peter LaMontagne, FYH Goalie Coordinator***

- *Goaltending Development Clinic will focus on goalie skating fundamentals, crease depth, save situations and recovery to help build muscle memory and become more confident playing the position!*

**DRYLAND TRAINING: \$110**

**Time: 6:10pm – 7:00pm**

***Athletic Performance Training***

***Dryland Training will focus on proper stretching techniques, core strength and agility exercises to gain strength and become more agile!***

***SPACE IS LIMITED TO TWELVE GOALTENDERS!***

***SIGN UP TODAY at FALMOUTH ICE ARENA's WEBSITE:***

**<http://www.falmouthicearena.com/Registration>**