



General Schedule

MONDAY

10:00AM	STAFF MEETING (MANDATORY)
11:00AM	REGISTRATION
1:00	ORIENTATION/ INTRODUCTION OF STAFF
1:30	HEAD TO FIELDS
2:00 – 4:00	SESSION I - TALK: "GOALIE STRONG: Lead by Example" - TALK: Form, Stance, ARC, Proper Warm Up (INTERACTIVE) - TALK: Follow / Commit / Contact (FCC) - CAGE: Practice
4:00	1 ON 1 INSTRUCTION / BACK TO DORMS
5:00	DINNER
6:15	ROLL CALL AND HEAD BACK TO FIELDS
6:30 – 8:00	GOALIE GAMES - Introduction of Teams - GOALIE GAMES 1 & 2
8:00	END OF SESSION II BACK TO DORMS
8:30	STAFF PRESENTATION: STICK STRINGING SESSION
11:00	LIGHTS OUT

TUESDAY

7:00	WAKE-UP / BREAKFAST
8:00	ROLL CALL
8:15	HEAD TO FIELDS
8:30	MORNING TALK: RESILIENT: <i>Overcoming Adversity!!</i>
9:00-11:00	SESSION II: Technical Stations
11:00	1 ON 1 INSTRUCTION / BACK TO DORMS
12:00	LUNCH
1:15	MEET FOR ROLL CALL AND HEAD TO FIELDS
1:30 – 3:30	SESSION III: Tactical Stations AFTERNOON TALK: INSIDE SHOOTING & TRANSITION
3:30	1 ON 1 INSTRUCTION / BACK TO DORMS / FREE TIME
5:00	DINNER
6:15	ROLL CALL AND BACK TO FIELDS
6:30	SESSION V – GOALIE GAMES
7:15	GOALIES MATTER
8:00	HEAD BACK TO DORMS
8:30	STAFF PRESENTATION: CREATING A POSITIVE MINDSET
11:00	LIGHTS OUT

WEDNESDAY

7:00 WAKE-UP / BREAKFAST
8:00 ROLL CALL
8:15 HEAD TO FIELDS
8:30 **MORNING TALK: CHARACTER:** *Standing Out Among the Rest: Just Be You!!*
9:00-11:00 **SESSION IV: Clearing Stations & Goalie Evaluations**
11:00 1 ON 1 INSTRUCTION / BACK TO DORMS
12:00 LUNCH
1:15 MEET FOR ROLL CALL AND HEAD TO FIELDS
1:30 – 3:30 **SESSION V: Hand Eye Stations**
AFTERNOON TALK: Self-Discipline
3:30 1 ON 1 INSTRUCTION / BACK TO DORMS / FREE TIME
5:00 DINNER
6:15 ROLL CALL AND BACK TO FIELDS
6:30 **SESSION VIII – CAMP/STAFF GOALIE GAME**
8:00 END GAMES AND HEAD BACK TO DORMS
8:30 **STAFF PRESENTATION:** RECRUITING ROUNDTABLE & TRAVEL TEAM
ADVICE
11:00 LIGHTS OUT

THURSDAY

7:00 WAKE-UP / BREAKFAST
8:00 ROLL CALL
8:15 HEAD TO FIELDS
8:30 **MORNING TALK:** COMMUNICATION & GOALIE RULES
9:15 **WARM UP DEMO**
9:45-10:30 **SESSION IX – GOALIE GAMES: Consolation & Championship**
10:30 CAMP WRAP UP & MOVE OUT INSTRUCTIONS
11:00 BACK TO DORMS & MOVE OUT