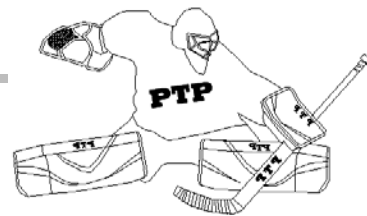


POST TO POST GOALTENDING CAMP



COMING AUGUST 23rd-27th, 2010

Featuring: 3 hours on ice per day

Daily in class theory session

Cost: \$300 + HST

Where: McIntyre Arena

LIMITED ENROLLMENT (Only 18 spots available)

Currently accepting registration for:

Novice

Atom

Peewee

Bantam (depending on availability)

MAXIMIZE YOUR POTENTIAL!!!

POST TO POST

See reverse for program details

For further information contact



POST TO POST Goaltending

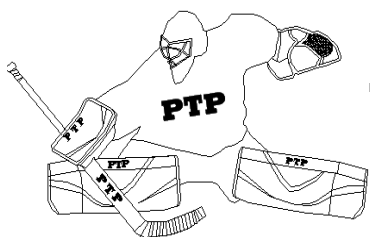
William Ciccone

1153 Gatineau Blvd

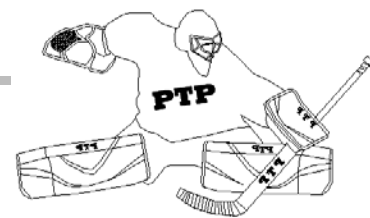
Timmins, ON, P4R 1C4

268-4511

posttopostgoaltending@gmail.com



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THE PROGRAM

POST TO POST Goaltending is a program designed specifically for the development of butterfly goaltenders. The aim is to simplify the game by reducing the number of different save movements, by applying strategic net protection systems and by compartmentalizing the ice surface all with the purpose of minimizing a goaltender's wasted movement, energy and time. POST TO POST Goaltending emphasizes the education of the goaltending position through theory and interactive video sessions. Each ice session is designed to gradually increase in difficulty, beginning with simple drills and ending with game simulation drills, in order to build the student's self-confidence and to instil a solid foundation of core goaltending skills.



THE INSTRUCTOR



All on-ice coaching and in-class teaching for the POST TO POST Goaltending Program will be provided by William Ciccone. William played NCAA Division 1 hockey for Lake Superior State University during which time he faced shooters like this year's Norris Trophy Winner and Stanley Cup Champion Duncan Keith. Prior to Lake State, William played for the Timmins Majors during their Central Canadian Championship season and their run at the Air Canada Cup National Title, setting Great North Midget League Records for Goals Against Average (1.82) and posting a Save Percentage of .945.



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