

# Goalie Camp

This camp is an opportunity for goalies to challenge themselves and improve over the off-season through multiple dimensions of goaltending. Goalies will receive on ice sessions and coaching, NeuroMovement sessions with on-ice integration, Mental Skills Training and a summary report with continued learning recommendations for each athlete.



## Camp Dates

Saturday, July 9th and Sunday, July 10th

**To Register:** Visit [goaltending.ca](http://goaltending.ca) or use this link:

<https://forms.gle/E1mCKwsaFj2h3eAr6>

For registration inquiries please call

or email Bella McKee at [bmckee goaltending@gmail.com](mailto:bmckee goaltending@gmail.com) or 780-806-9531

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# What is Mental Skills Training?

Mental Skills Training is the systematic development of psychological skills for the purpose of enhancing performance. These skills help athletes enhance their confidence, maintain and focus concentration, bounce back from failure, manage pressure, persist when facing adversity, manage and return from injuries, and increase motivation.



## What is NeuroMovement® ?

NeuroMovement® is a brain-based learning method that uses movement to connect with the nervous system. NeuroMovement® uses the essentials of neuroplasticity (the ability of the brain to rewire itself) to help develop and improve emotional regulation as well as cognitive and physical performance. This cutting-edge method based on new neuroscience research will help you reorganize your movement patterns and learn to move and think with intention on and off the ice.

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For more information visit:

[www.huntpsychologicalservices.com](http://www.huntpsychologicalservices.com)