**Medicine Hat Ringette Association**

**is hosting a**

**5-COUNT RINGETTE GOALIE CAMP**

**Ringette Goalie Camp Schedule
Medicine Hat, AB
November 27-28, 2021**

**Master Schedule**

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| **Day 1** | **Kinplex – Kin2** |
| 10:00-10:15 | Main check in for all Goalies  |
| 10:15 | Welcome and Intro (Parents and Goalies) |
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| 11:00-12:00 | On Ice - Stance, Movements, Positioning |
| 12:15-12:30 | Off Ice – Goalie Cool Down |
| 12:30-1:30 | Goalie Lecture & Lunch - Confidence, How to Get It, How to Keep It |
| 1:45-2:45 | Off Ice - Goalie Strengthening |
| 3:00-3:15 | Off Ice - Goalie Warm Up |
| 3:45-4:45 | On Ice - Shooting drills |
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| **Day 2** | **Kinplex – Kin1** |  |
| 8:00-9:00 | Off Ice - Goalie Reflex and Balance |
| 9:30-10:15 | On Ice - Stance, Movements, Positioning |
| 10:30-11:15 | Goalie Lecture & Lunch – Post Game Recovery  |
| 11:15-11:30 | Off-Ice - Goalie Warm Up |
| 12:00-1:00 | On Ice - Shooting drills |
| 1:15-2:15 | Off Ice - Goalie Reflex and Balance |
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|  | Camp Goodbyes |
|  | Instructors Drive Home |