

Rick Parry Goalie School Summer Camp.

27-29 November 2009 in Dunedin.

For the first time in the last five years New Zealand is set to hold, a specific camp designed solely to develop the standard of goaltending across the country.

Led by Ice Black goaltender Rick Parry, using the skills and techniques he has learned as a Goaltending Consultant for McGuire Goaltending and Hockey Development Ltd in Toronto, Canada, as well as from Steve McKichan, Former Toronto Maple Leafs (NHL) Goaltending Coach, and from Mike Parsons, former Goaltending Coach for the New Zealand Ice Blacks, combined with his own personal skills as a goalie.

This camp offers the very best goaltending advice available in New Zealand. Rick teaches what he knows, the skills that have enabled him to reach the top of the ice hockey world in New Zealand, allowing him to be one of only two Ice Blacks goaltenders to ever record a shutout in international play.

Rick uses over 30 specifically designed drills that are used to develop the overall game of the goaltender. They work to develop things such as reaction time, puck handling, quicker foot speed, building a correct and powerful stance, overall goaltending fitness, save technique, glove and blocker skills and better rebound control. All key aspects that make a great goaltender. As not every goalie is at the same level, his coaching techniques and drills cater to goalies on an individual level, focusing on their particular weaknesses until they become strengths.

Enclosed are the major details of the camp, including a basic run down of the weekend and why these things are important, cost and limitations of the camp, and the itinerary of the weekend with all of the important times.

The camp will consist of:

- 4x one-hour ice sessions with NZIHL shooters. Focussing on skating, stations and small area games
- A one and a half hour off-ice session with a certified Personal Trainer to run through drills you can do off the ice to improve your game on the ice.

Each one hour ice session is based, 1/3 on skating technique and speed, 1/3 on station drills and 1/3 on small area games to put what you practice into a game like scenario. Shooters are there for the sole purpose of helping the goalie get better. Goaltenders will also enjoy the competitive

games at the end of practice where they try to outplay each other.

For many reasons, it is important to be able to train on specific areas even when you are not on the ice. The drills shown at the off ice session will allow you to develop your game anywhere.

Cost and Limitations

- The cost of the camp will be \$200 per person. This includes ice time, coaching staff and a meal supplied on Saturday night.
- If you need accommodation, the Dunedin Holiday Park in St.Kidla is roughly 10 minutes walk from the rink. Their website is: <http://www.dunedinholidaypark.co.nz/>.
- The camp is limited to twelve goalies maximum. To guarantee your place, RSVP by the 18th November 2009 to rickparrygs@gmail.com

Feel free to contact Rick with any queries you may have.

Regards,

Rick Parry

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2009 Rick Parry Goalie School Summer Camp #1 (Dunedin) Itinerary

Friday 27th November

Various Times-Arrive at Dunedin and check into Dunedin Holiday Park in St Kilda if needed

7:00 pm- Meet at the rink. Weekend rundown, pay registration and answer all questions,

8:00-9:00 pm- On Ice Session #1

10:00pm- Stretch/ cool down

Saturday 28th November

8:00 am- Meet at the Ice Stadium- Jog/ warm up/ stretch/ get dressed for training

8:55 am- Pre Training Briefing

9:00-10:00 am- On Ice Session #2

10:30 am- Stretch/ cool down

12:00 pm- Specific off-ice work out for goaltenders with certified Personal Trainer Braden Lee

--Lunch is up to you and at your own cost

6:00 pm- Meet at Ice Stadium- Warm up/ stretch/ get dressed for training

6:55 pm- Pre Training Briefing

7:00-8:00 pm- On Ice Session #3

8:00 pm- Stretch/ cool down/ shower

8:45 pm- camp meal at a restaurant in Dunedin- on me!

--Return to Holiday Park/ home for the night

Sunday 29th November

9:00 am- Meet at the Ice Stadium- Jog/ warm up/ stretch/ get dressed for training

9:55 am- Pre Training Briefing

10:00-11:00 am- On Ice Session #4

11:00 am- Stretch/ cool down/ shower

11:30 am- End of camp meeting in the warm-room

Home time