

The 2010 Rick Parry Goalie Camp
REGISTRATION FORM

Goaltender's Surname: First Name:

Date of Birth: / / Gender: Male / Female

Street Address

Suburb

City / Town Postal Code

Parent / Guardians Name (if applicable)

Contact Phone Numbers

(.....) (Home)

(.....) (mobile)

Email or Parental Email:

Playing Experience/ Current team/ Age grade:

.....
.....

Relevant Medical History (allergies and/or Medication Information):

.....
.....

Club equipment Required: YES / NO

All forms must be received by Wednesday 15th September 2010 to guarantee your place at the camp.

A **\$100.00 non-refundable** deposit is necessary to confirm a place in the camp. I understand that the balance will be paid on the first day of the camp. I also understand that, while every care will be taken with regards the safety of me/ my child, the organisers of this camp cannot be held responsible for any injury arising.

Parent/ Signature: Date:

Tear off and post to Rick at 840 B Cumberland St, Dunedin, 9016

Make all cheques out to Rick Parry Goalie School Ltd. Or direct credit the \$100 deposit with your name as reference to account: 06-0493-0448726-00

The Rick Parry Goalie School proudly
presents:



The 2010 Rick Parry
Goalie Camp

at *Dunedin Ice Stadium*
September 25th – 26th



Proudly Endorsed by:

**2010 Rick Parry Goalie Camp
25th-26th September, 2010 in Dunedin**

Led by Ice Black goaltender Rick Parry, combining the skills and techniques he has learnt at the McGuire Goaltending Academy in Toronto, Canada, as well as from Steve McKichan, former Toronto Maple Leafs goaltending coach, and from Jarmo Hautakoski of goaliepro.com. The Rick Parry Goalie 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.

The camp will consist of:

- 2x one-hour and 1 two-hour ice sessions with NZIHL and Ice Black shooters. Focusing on skating, stations and small area games. 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.
- A one hour off-ice work-shop with a certified Sport Psychologist to talk about the mental side of goaltending. It has been said that goaltending is 80% mental and 20% physical. Rick believes that mental conditioning for a goaltender is just as important as physical conditioning. When a goalie is in 'the zone', they are at the top of their game and not phased by what is going on around them. This camp acts to show techniques on how goalies can get in 'the zone' and perform at their best, for longer periods of time through visualisation and self-talk techniques.
- A one hour off-ice training session, focusing on stations and specific dry-land methods of training.

Cost and Limitations:

The camp is limited to twelve goalies maximum. To guarantee your place, RSVP by Wednesday 15th September 2010 at the address or telephone number provided below.

The cost of the camp will be set at \$200 per goaltender. This includes ice time rental, coaching staff, a classroom session with a certified sports psychologist, a dry-land training session and a lunch pasta meal supplied on Saturday. A \$100 deposit is required to guarantee your spot in the camp and the remainder of the \$200 registration fee is due on September 25th.

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

Rick Parry
021 859 440
rickparrygs@gmail.com

Dunedin Camp 2010 Itinerary

Saturday 25th September

8:00 am- Meet at the Dunedin Ice Rink, pay remaining registration fees.

8:30 am- Off-ice warm up.

8:50 am- Pre Training Briefing; be dressed for training

9:00-10:00 am- On Ice Session #1

10:15-10:45 am- Stretch/ cool down; shower.

11:00 am- Grab a snack (provided) Bananas, muesli bars etc.

11:30 am- Specific off-ice workout for goaltenders, on the top field behind the rink.

1:00 pm- Pasta lunch at local restaurant – On Rick!

3:00 pm- Mental skills workshop with certified sports psychologist in the dry-room

6:00 pm- Meet at Dunedin Ice Rink, off-ice warm up.

6:50 pm- Pre Training Briefing, be dressed for training

7:00-8:00 pm- On Ice Session #2

8:15 pm- Stretch/ cool down, shower.

--Home time.

Sunday 26th September

8:00 am- Meet at Dunedin Ice Rink, off-ice warm up.

8:50 am- Pre Training Briefing; be dressed for training

9:00-11:00 am- On Ice Session #3

11:15 am- Stretch/ cool down; shower, post-training feedback/ Q & A session

--Camp finishes