



TRANSCEND ATHLETICS INC.

Corp #2019746300

Transcend Athletics' 2022 Goalie Prep Camp.

Led by Kevin Nastiuk with Nastiuk Goaltending, this camp will be focusing on goalie skating and movement, conditioning, agility, balance, angles, and save selection to get the athletes ready for the upcoming hockey season. Proper technique will be focused on throughout the week. By the end of this camp the goalies will have improved their skills and conditioning and be ready for their upcoming evaluations.

The cost for this camp is \$525.00 (GST included). There will only be 6 spots available for this camp to ensure great instructor to player ratio, allowing for lots of individual instruction. The camp is open to all U9 through U18 goalies.

The goalies will be grouped by age and skill level.

Below are the ice times for the Goalie Prep camp.

- Monday August 15, 4:15pm to 5:15pm – Russ Barnes
- Tuesday August 16, 4:15pm to 5:15pm – Russ Barnes
- Wednesday August 17, 4:15pm to 5:15pm – Russ Barnes
- Thursday August 18, 4:15pm to 5:15pm – Russ Barnes
- Friday August 18, 4:15pm to 5:15pm – Russ Barnes

www.transcendathletics.ca

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