



WELCOME TO THE DOMINATION NATION

1 to 1 Goaltending has once again redefined the training model for goaltending in Atlantic Canada. Other programs have tried to copy us, but 1 to 1 Goaltending's Mentorship Programs are the "Benchmark" for goaltender development. Our goaltenders are not only reaching the highest levels available, they are **dominating at those levels!**

In our winter season of training, we were in **more rinks, more often, with more players** totalling 24 teams. **Our specialized system truly offers more!** and it has worked for more than 6 years in this market.

1 to 1 trainers are with you 12 months of the year providing a specialized **mentored approach** to make your game the absolute best! Don't be fooled by others who are trying to copy our program. At 1 to 1 Goaltending we consistently lead the pack with a system that works! **Come see us this summer and bring your game to a new level!**

2010 SUMMER CAMPS



Camp #4 Elite "PRO" Camp - Male & Female

Don't be fooled by what others try to offer in an attempt to copy our program, this is the one that changed training forever! In our 5th year, this camp features 12 weeks of high intensity training including: weekly on ice sessions at a 2 or 3:1 ratio, semi-private sessions in our artificial ice training centre, a pro level goalie specific off ice training program and manual, monthly fitness testing, an at home conditioning program, video teaching & much more! You will train with us 4 days a week and be required to complete a 3 to 4 day home training program giving you a 6 day a week calendar!

DATE: STARTING JUNE 1 TO AUG 31, 12 WEEKS LONG
LOCATION: SACKVILLE SPORTS STADIUM

Camp #5 Elite "Young Guns" Camp

This camp features the same commitment as the PRO Elite camp yet is built for those younger tenders from PeeWee up who have been identified as having REAL potential down the road. This camp features goalies who have all the technical skill awareness of older more experienced goalies yet just need more time in elite development. This camp will blow every other training program you have ever attended out of the water.

DATE: JUNE 1 TO AUG 31, 12 WEEKS LONG
LOCATION: SACKVILLE SPORTS STADIUM

Camp #6 High Performance "Station Rotation"

This NEW camp has come from a desire for many of our "Elite" goalies to get more High performance training in. Our Elite camp is the pinnacle of training and for those who are not in this camp OR can not commit to 12 weeks of high energy, this camp is designed for you. It features 4 High performance stations per night in a 1.5 hour "Puck Marathon". It is a 3:1 ratio camp and allows for 2 technical/tactical drill stations, 1 high energy mobility station and 1 full gear shooter game specific flow drill.

OPEN TO: PEEWEE ELITE AND UP
DATES: JULY 7, 21, 28, AUG 4, 11, 18, 25
LOCATION: SACKVILLE SPORTS STADIUM

Camp #7 7 Week Summer "Progressive" Camp

This camp is for those goaltenders who want consistent, progressive training to stay sharp during the off season. We work week after week to build a goalies skill set to suit the level of play they wish to attain. We customize each group based on where they have played and where they should play in the fall. Our goal is to keep groups working as a unit to push each other week after week to get the most out of them.

OPEN TO: ALL AGES AND LEVELS
DATES: JULY 7, 21, 28, AUG 4, 11, 18, 25
LOCATION: SACKVILLE SPORTS STADIUM

Camp #8 July Summer Camp 2 different Camps, same week!

Our 5 day camp is now split for 2 different levels of training but both in a 3:1 ratio!

Group 1 will feature a shorter day and designed for goalies who are still building solid skills in the 1 to 1 training program, OR those goalies who are new to nets. The week features 2.5 hours of ice per day plus a skill building off ice activity, not traditional dryland! This camp offers a chance to really define and refine your technical skills, tactical awareness and positional play.

Group 2 will abandon the typical week long program and give you more time in the net with a BONUS 1.5 hours of ice per day! This year we have opted to drop dryland, lecture & journal time and offer MORE ice time. The week will now feature 4 or 5 hours of ice each day allowing for more teaching, more time on task and even more puck work! This camp is also ideally suited for goalies who are attending Hockey NS summer camps and hoping to play Canada Games! As a bonus for these campers ONLY, you will play two 3 on 3 games throughout the week with the very best, full gear shooters for your level! This camp will be the best camp we have ever offered outside of our Elite Program, so if you like the week long format you'll love what 1 to 1 has done with it!

OPEN TO: ALL AGES AND LEVELS BUT GROUPED ACCORDING TO EXPERIENCE AND LEVEL OF PLAY!
DATE: JULY 12 - 16
LOCATION: SACKVILLE SPORTS STADIUM

Camp #8F High Performance Female

This NEW camp is offered for female goalies only allowing an opportunity to train just with gals in a format that suits the female game. It features more female staff and female shooters that try to mimic the level of the ladies game. It is an ICE only camp but does feature some video learning between sessions.

OPEN TO: 12 FEMALE GOALIES ONLY!
DATE: JULY 12 TO JULY 16
LOCATION: SACKVILLE SPORTS STADIUM

Camp #9 3 Day "Ironman Senior" Ice/Video

3 days of 4 hours of ice each day with the VERY best shooters running you through Pro Drills. It begins with a NHL style dynamic warm up, then immediately on ice for a 2 hour session, followed by an in room video session and much needed break, then another 2 hours on ice with even more intense flow drills, then an off ice cool down. It doesn't get any more intense than this! This is the SAME format JS follows in Quebec before he leaves for Training Camp.

OPEN TO: ELITE LEVELS ONLY - ONLY 18 SPOTS AVAILABLE!
DATE: AUGUST 9, 10, 11
LOCATION: SACKVILLE SPORTS STADIUM

Camp #10 3 Day "Ironman Junior" Ice/Video

This camp is just like it's big brother above, but with 3 days of 3 hours of ice each day. It begins with a NHL style dynamic warm up, then immediately on ice for a 1.5 hour session, followed by an in room video session and much needed break, then another 1.5 hours on ice with even more intense flow drills, then an off ice cool down. This camp is intended for younger elite athletes who need more than a traditional week long camp offers.

OPEN TO: ELITE LEVELS ONLY - ONLY 18 SPOTS AVAILABLE!
DATE: AUGUST 16, 17, 18
LOCATION: SACKVILLE SPORTS STADIUM

Camp #11,12,13 3 Day Pre-Tryout Camp

This camp features the very latest technical/tactical and reactive training to better prepare ALL goalies for the jump from one level to the next. This camp is high energy, high focus and is intended for goaltenders looking to make it at the next level! These camps sell out quickly and feature on ice sessions just before the hockey season begins! This year will be similar to last year as we will customize the drills we do to the association that your tender plays in, as each association has used a similar model for at least the past 2 to 3 years to evaluate their tenders. We know who runs your evaluations and we know what they want to see so we will customize the drills we do to suit your tender! What could be better?

NOTE: THERE ARE 3 SEPARATE CAMPS DEPENDING ON LEVEL
OPEN TO: ALL AGES AND LEVELS
DATE: AUG 23 - 27, (SEE BROCHURE FOR SPECIFIC TIMES)

Proudly sponsored by **Reebok**



Reserve your spot soon as spaces are limited and fill up quickly.



1-to-1 Goaltending
Mentorship Program



Tel: **864.3805** www.**1to1goaltending.com**
409 Glendale Drive (in the Sackville Sports Stadium) Lower Sackville

WEEK LONG CAMPS

Camp #8F - High Performance Female

This NEW camp is offered for female goalies only allowing an opportunity to train just with gals in a format that suits the female game. It features more female staff and female shooters that try to mimic the level of the ladies game. It is an ICE only camp but does feature some video learning between sessions. Each day allows for 2 sessions, a 1 hour footwork/technical skill session and then a 1.5 hour tactical session. This will be a great camp for developing female goalies or ladies who need that last minute tune up before BIG camps upcoming.

Open to: 12 Female Goalies ONLY!

Date: July 12 to July 16

Location: Sackville Sports Stadium

Duration/Time: Monday to Friday- 11am to 4pm

Price: \$485.00

Camp includes a 1 to 1 jersey.

Non Refundable deposit of \$125.00 to secure spot, remainder due in full no later than June 17. No registrations will be accepted without deposit and completed registration form!

Camp #9 - 3 Day "Ironman Senior" Ice/Video Camp!

This camp is exactly like it sounds and is unchanged from last year, why? Because it works!!

3 days of 4 hours of ice each day with the VERY best shooters running you through Pro Drills. It begins with a NHL style dynamic warm up, then immediately on ice for a 2 hour session, followed by an in room video session and much needed break, then another 2 hours on ice with even more intense flow drills, then an off ice cool down. It doesn't get any more intense than this! This is the SAME format JS follows in Quebec before he leaves for Training Camp. This camp is intended for elite athletes that need the MOST prior to their own camps and will be a highlight of your summer! Do YOU have what it takes for this one?

NOTE: This camp sells out every year and will be a terrific way to gear up for the season!

Open to: Elite levels only - ONLY 18 spots available!

Date: August 9, 10, 11

Location: Sackville Sports Stadium

Time: 8:15 to 3pm - On Ice 9 to 11am then 1 to 3pm

Price: \$570 plus tax.

Camp includes a 1 to 1 jersey.

NOTE: No registrations will be accepted without deposit and completed registration form! There are NO refunds or credits for missed sessions. There can be no substitutions for other dates or camps for any camp above!

Camp #10 - 3 Day "Ironman Junior" Ice/Video Camp!

This camp is just like it's big brother above, but with 3 days of 3 hours of ice each day. It begins with a NHL style dynamic warm up, then immediately on ice for a 1.5 hour session, followed by an in room video session and much needed break, then another 1.5 hours on ice with even more intense flow drills, then an off ice cool down. This camp is intended for younger elite athletes that need more than a traditional week long camp offers. Tie this into Camp #7 or 12, and this will be the most complete program we offer outside of our Elite camps. Coaching is primarily with Joe and Craig along with individualized video analysis, allowing MAXIMUM TIME ON TASK! Are you tough enough for this one?

Open to: Elite levels only - ONLY 18 spots available!

Date: August 16, 17 and 18

Location: Sackville Sports Stadium

Time: 9am to 2pm - - On Ice 10 to 11:30am then 1 to 2:30pm

Price: \$470 plus tax,

Camp includes a 1 to 1 jersey.

Camp #11/12/13 - 3 Day Pre-Tryout Camp

This camp features the very latest technical/tactical and reactive training to better prepare ALL goalies for the jump from one level to the next. This camp is high energy, high focus and is intended for goaltenders looking to make it at the next level! These camps sell out quickly and feature on ice sessions just before the hockey season begins! This year will be similar to last year as we will customize the drills we do to the association that your tender plays in, as each association has used a similar model for at least the past 2 to 3 years to evaluate their tenders. We know who runs your evaluations and we know what they want to see so we will customize the drills we do to suit your tender! What could be better?

NOTE: There are 3 separate Camps depending on level

Open to: All ages and levels

Date: Week of Aug 23 to 27, (see specific times below)

Times:

Group 1 - (Monday, Wed, Thurs - 9am to 11am)

open to levels Novice, Atom: 6 hours on ice \$285.00 plus tax, 3:1 ratio. Non Refundable Deposit \$75.00 to secure a spot, remainder due in full no later than Aug 10.

BONUS: Attend Week Long Camp #1 and receive a \$50 credit towards Pre Tryout Camp #1

Group 2 - (Tues - 9am to 11, Wed - 11am to 1, Fri - 9 to 11am)

open to levels Peewee and Bantam : 6 hours on ice \$285.00 plus tax, 3:1 ratio. Non Refundable Deposit \$75.00 to secure a spot, remainder due in full no later than Aug 10.

Group 3 - (Monday -Tues, Thurs, Fri - 11am to 1)

open to levels AA and AAA : 8 hours on ice \$379.00 plus tax, 3:1 ratio. Non Refundable Deposit \$100.00 to secure a spot, remainder due in full no later than Aug 10.

2010 SUMMER GOALTENDING CAMPS

(Please keep this copy)

Camp: _____

Weeks: _____

Location: _____

Camp: _____

Weeks: _____

Location: _____

Camp: _____

Weeks: _____

Location: _____

Camp: _____

Weeks: _____

Location: _____

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For more information please contact:

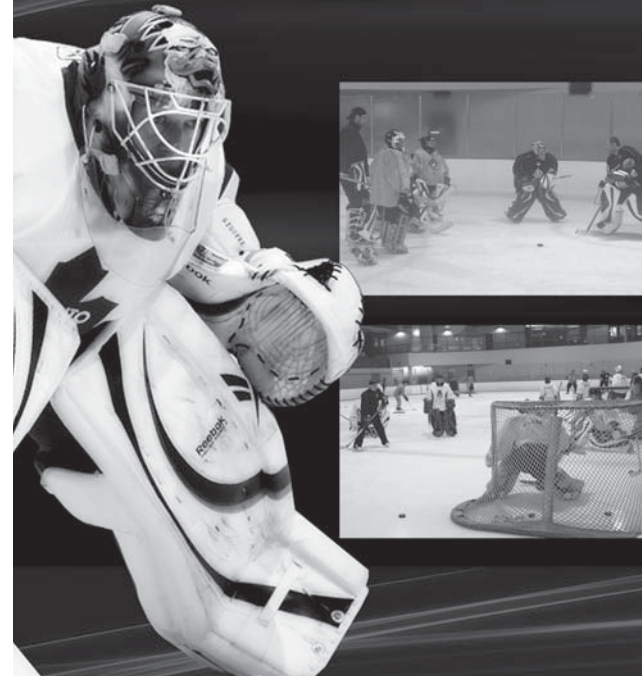
(902) 864-3805

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Nova Scotia, Canada B4C 2T6
(Located in the Sackville Sports Stadium)

2010 SUMMER GOALTENDING CAMPS



SIGNUP NOW!



1-to-1 Goaltending Mentorship Program

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CENTRE OF EXCELLENCE

Retain this portion for contact information and scheduling notes