

GOALIE TRAINING FOR 2011-2012



The Forest Lake goalie committee along with the Forest Lake Hockey Association is proud to announce that this year there will be professional training for our goalies. This training will be provided by Goalie Development Institute Minnkota/GDI at no additional cost to goaltenders or their families.

This past spring the goalie committee met with goalies and their parents to debrief on the 2010/2011 season and to see how we could improve the program. As those of you in attendance will remember, the number one concern for our goalies was the lack of formal training.

This committee sent out RFP's (requests for proposals) to several area goalie training schools. Once these proposals were gathered and evaluated, a working proposal was drawn up by the committee and discussed in several working board meetings. A formal proposal was then written up that would allow goalies and coaches to receive some much needed training. This training would also allow our PeeWee/U12 goalies and up, the opportunity to mentor some mite and any new squirts goalies.

During the June 5th. FLHA board meeting, the final proposal was presented by the goalie committee and put to a vote. We are proud to say that the proposal was passed unanimously by the board. We feel that this training is not only beneficial to our goalies, but important to the over all success of the entire association. It is important to note the great cooperation we received by the entire FLHA board in making this a reality.

Training will begin Thursday October 13th at 6:30 p.m. for any goalie that has 1 or more years experience as a goalie and will be playing at the Squirt/U10, PeeWee/U12, and Bantam/U14 levels. Coaches are welcome on the ice, and strongly encouraged to attend these sessions with their goalie/s.

ALL squirt/U10 goalies new to the position and ALL mite goalies will receive training one Wednesday a month from the higher level (PeeWee/U12-Bantam/U14) goalies and selected goalie coaches in the association. On these particular nights, the new/younger goalies will receive their training first. The older goalies will then re-take the ice for their training session with GDI.

The benefit to conducting training in this format is two fold. It allows goalies at the quirt /U10 level who are new to the position, and all mite/U8 goalies, the opportunity to receive training that will provide them a solid foundation to build upon. This training will at the same time provide the older goalies with some leadership training and a chance to build their mentoring skills. This will develop leadership skills in our goalies while at the same time allowing for relationships to be built between the goalies of this association.

It is important for all goalies (Peewee/U12 and above) to take part in the coaching portion of this training for the younger goalies.

The dates and times for all training is listed below and all training will take place at the Forest Lake arena. Any changes to this schedule will be posted immediately so please check periodically.

Returning goalies @Squirt/U10-Bantam/U14

Thursday October 13th. @ 6:30 p.m.

Wednesday October 26th. Train mites from 5:20-6:20. Train with GDI 6:20-7:30

Wednesday November 9th. Train with GDI @ 5:20

Wednesday November 23rd. Train mites from 5:20-6:20. Train with GDI from 6:20-7:30

Wednesday Dec. 7th. Train with GDI 5:20-6:20

Wednesday Dec 21st. Train mites from 5:20-6:20. Train with GDI from 6:20-7:30

Wednesday Jan 4th. Train with GDI 5:20-6:20

Wednesday Jan 18th. Train mites from 5:20-6:20. Train with GDI from 6:20-7:30

Wednesday Feb 1st. Train with GDI from 5:20-6:20

Wednesday Feb 15th. Train mites from 5:20-6:20. Train with GDI from 6:20-7:30

Goalies new to the position/All Mite/U8 goalies

Wednesday Oct 26th. 5:20-6:20

Wednesday Nov 23rd. 5:20-6:20

Wednesday Dec 21st. 5:20-6:20

Wednesday Jan 18th 5:20-6:20

Wednesday Feb 15th 5:20-6:20

Please note that there will be “pre-tryout” training provided as well. This will occur on Sat. 9/24 and Wednesday 9/28. The specifics of which will be posted in a separate letter.

Should anyone have any questions, comments or concerns, please do not hesitate to contact a committee member or attend a committee meeting and have your voice heard.

Respectfully,

Your FLHA Goalie Committee

