Sun Prairie Ice Arena

State-of-the-Art Facility

This state-of-the-art ice arena will put a smile on any skater's face. It offers two NHL size ice rinks, 16 locker rooms, concessions and retail space. Plenty of room for stretching and dryland activities.

HPG will meet each day in the beautiful lobby before the day begins. All of HPG activities will be held at this location.

838 Grove Street
Sun Prairie, WI

Located next to the Sun Prairie High School

Information in this brochure subject to change without prior notification.

Additional Training

HPG offers a variety of cross training clinics.

Private Lessons

Some goalies have specific area's of concern. Private lessons are available to those players who would like to get one on one instruction to work on their area of concern. These lessons are available by appointment only and will be scheduled around ice availability.

1 on 1	$70.00
1-2 players	$45.00 per goalie
up to 3 players	$30.00 per goalie

Sunday Night Goalie Clinic

This clinic is a large group setting, on Sunday nights. The focus of these clinics will be skating skills, and basic skill development and refreshment. This clinic is for all ages.

May 3rd -July 12th • No Clinic May 24th
$15 per clinic or $100 for 10 clinics. 4:45-6:00 pm

Select VI

Select VI is our summer training program. It is a group of 12 goalies that will receive a more in-depth training experience working with one of the lead instructors in a small group setting. This is a high intense training program that is matched with the desire of the goalie to dedicate and commit him or herself to this level of training. Each day offers on-ice skill training, video/classroom breakdown sessions, and goalie specific off-ice training.

ON ICE PROMOTIONS

FULL SCALE PROMOTIONS LLC
Identity Branding Specialists

FRIENDS OF THE RINK

HPG
HIGH PERFORMANCE GOALTENDING

High Performance Goaltending

"Your blueprint to success"

Summer Training Programs 2015

Contact:

Larry Clemens 608.695.9178
Josh Lehr 920.716.5101

HP Goaltending

High Performance Goaltending offers something for every level of goaltender. We feel attending one or more of our training programs will help you succeed. From mites to elite players, our goal is to build upon the skills each and every goaltender needs to elevate their game and to be successful on the ice. Giving them the tools they need to be strong, confident goalies. HPG will help enhance your goalie's training experience by creating a fun, hard-working, and learning atmosphere.

Dates for camp:
June: Weeks of the 15th, 22nd, & 29th.
July: Weeks of 13th, 20th & 27th. No camp week of July 6th.
August: Weeks of 3rd, 10th & 17th.

Coaching/Instructors

HP Goaltending pride ourselves on bringing in qualified instructors to work with our participants. All of our instructors are trained to teach and correct. They have coached or played at a high level (D1, D3, juniors).

Larry Clemens: Larry is a goalie coach for the Chicago Steel (USHL), Janesville Jets (NAHL), Wisconsin Whalers (NA3HL). He had been training goaltenders for many years in Wisconsin and USA camps. He has worked with goalies of all ages and levels.

Josh Lehr: Josh has assisted with Team Wisconsin and USA camps. He has been training goalies from the youth levels to juniors. Currently, Josh is studying exercise physiology at Concordia University Wisconsin.

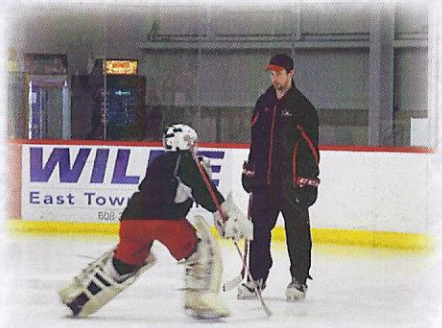
Tyler Lewis: Our newest certified coach. Recently out of hockey, Tyler has a great ability to connect with young goalies. We are excited to have him join our coaching staff. He is a great addition to HPG.

Summer Training Camps

The 2 and 4 day camps focus on:

- Mental readiness
- On-ice skills which will increase performance
- Off-ice goalie specific training
- Classroom/discussion

Locker room assignments will be given out daily. Girls will have their own locker room. All participants must be able to put on their own gear, and tie their own skates. Each goalie is responsible for their own equipment.



Daily Camp "Sample" Schedule

Weekly email will be sent with exact schedule.

Drop Off at 7:00 am - 8:00 am
Players must sign in, dress for stretching
8:00 am - 8:30 am Stretching / Warm Up
8:30 am - 10:00 am Off ice / Dry land Training
10:15 am - 11:45 am On Ice Skills
12 noon - 1:00 pm Lunch and Class rooms discussions
1:15 pm - 2:45 pm On Ice Power Hour and Skills
3:00 pm - 4:00 pm Off Ice Activity
4:00 pm Pick Up

No camp week of July 6th
** schedule subject to change

All participants are required to stay on premise for lunch, unless we have a signed permission waiver from parents. Lunch options will be sent to you with registration confirmation.

HP Goaltending will provide:

(when you sign up for a 9 week program)

Goalie Jersey
HPG camp specific T-shirt and shorts
Dryland and yoga equipment

Registration Form

Register for:	Price
Summer Training Camp (Monday - Thursday)	
☐ 2-Day/Week Program	$999.00
☐ 4-Day/Week Program	$1,850.00
☐ U8-Squirts (Friday Only)	$300.00
☐ Select VI	$3,500.00
☐ Select VI w/2 days as counselor	$1,750.00
☐ Daily (Mon. - Thurs.) _____# of Days	x $75/day
Week Summer Training	
☐ w/out housing	$250.00
☐ w/housing	$250.00 + $10 per day* *subject to change
Sunday Night Goalie Clinic	
☐ SNGC	$15.00/per Sunday
☐ 10 week deal SNGC	$100.00
Private Lessons	Pricing Varies

Name _____ Birth Year _____

Address _____

Phone _____

E-Mail _____

Method of Payment

☐ Check ☐ Cash

$250 deposit due by April 1st to guarantee spot, jersey and T-shirt. Half of remaining balance due by June 15th. Remainder of balance due by July 15th. **NO REFUNDS.**

Send form and payment to:
HP Goaltending
651 Old Indian Mound Trail • Sun Prairie, WI 53590
Phone: 608.695.9178
E-mail: larry@onicepromotions.com
nicole@onicepromotions.com
Website: www.hpgoaltending.com
www.onicepromotions.com