



2009 GDI Southeast Consulting Clinics

June 8-12 The Gardens Ice House, Laurel, MD and
August 24-28 Rockville Ice Arena, Rockville, MD

The Goaltender Development Institute is pleased to announce two new GDI Southeast Consulting Clinics. These customizable attendance clinics are used to facilitate a goaltender's necessary pre season preparation. As the summer begins you must do diligent work on your fitness levels and technical inputs. Whether putting the finishing touches on off season training or seeking new skills to enhance your game, let GDI assist you in these endeavors. All levels welcome.

GDI is recognized around the globe as the leader in the development of career minded goaltenders. Athletes, coaches, general managers, and agents from the NHL, minor pro, major junior, and NCAA rely on GDI for advanced-level development via its renowned consulting arm. This arm reaches the grass roots levels of hockey. GDI's CEO and Chief Consultant is Ian Clark, Goaltending Consultant of the Vancouver Canucks. GDI Southeast is one of 14 Regions deployed by GDI to revolutionize the goaltending world, integrating Training, Resources, and Gear.

At GDI, we believe that each goaltender has a unique approach to the position. While goaltending encompasses a vast array of technical, physiological and psychological inputs, each goaltender assembles a distinct bundle of performance assets. When working with a goaltending client, our emphasis is to work within the confines of each client's general approach. While there are fundamentals that must be instilled in any approach, and at all levels of play, GDI believes in working within the context of the specific athlete's game.

Why do we take this approach? Goaltending style is a journey.

As a goaltending athlete progresses through a career, countless unique experiences are implanted upon this player's game. Through these experiences, the goaltender begins to build an approach. This approach combines these experiences with core fundamentals plus the distinct strengths and limitations of the said netminder.

During a GDI Consulting experience, athletes will seek to hone, refine and repackage this distinct approach. A combination of technical enhancements, physiological guidance and exploration of the intangible side of goaltending will drive one's game to a new frontier. That's right, performance gains require a multi-faceted approach — technical, physiological, psychological, equipment — which is a hallmark of GDI tutelage and a sure-fire method of fast-tracking your game.

At GDI, we are committed to performance enhancement. This enhancement is generated through the nurturing of a partnership between coach and athlete who together drive performance forward within the bounds of an already established goaltending approach.

GDI Southeast Regional Manager and Goaltending Consultant Ryan Honick

Ryan is the Goaltending Consultant for the ECHL Wheeling Nailers (the AA Pro Affiliate of the Pittsburgh Penguins), Columbia Inferno (the AA Pro Affiliate of the Toronto Maple Leafs) and Tier I Team Maryland. He has been teaching goalies for 10 years. Ryan enjoyed a short professional playing career and now consults with over 14 organizations within the GDI Southeast region.

Features and Benefits:

Two-on-One Skill Development Sessions

The maximum number of goalies on the ice being instructed at the two stations is four. Each two participants will be matched by skill level and will operate independently at each end of the ice. Ryan Honick (with qualified assistants) will provide the on-ice direction to ensuring correct drill structure and proper execution of positioning, tactics, and techniques by the athletes. 1-10 hours available.

Daily Confined-Space Power Skating (PSM)

Position-Specific-Movement drives positional efficiency at any level of play. Given the confined nature of goaltender movement, the speed and coordination of one's feet plays an integral role in achieving optimal position targets. Agility work in this area will further enhance the athlete's game and dovetail with the specialized two-on-one tutelage. The Neutral Zone will be allocated for this activity and will be directed by dressed instructors. This additional component is for the committed athlete. Any hour not attending two-on-one instruction is available for PSM.

Hand / Eye Reflex Training

At the conclusion of the on ice instruction, each goaltender is invited to an off ice Hand / Eye Reflex development session. This single activity is a tremendous way to enhance save responses through a focus on the eye / brain / body methodology. One hour per day offered.

Post-event Analysis and Action Plan

Following completion of the goaltenders' participation, the athlete will be given a post-event analysis and action plan for further self development. This will detail critical areas necessary to drive performance forward along with suggestions on how this might be achieved as a personal action plan. To be sent within 2 weeks after clinic.

Post-event Mentoring and Follow-Up

In addition to the post-event analysis, GDI can provide mentoring and videotape analysis in the next hockey season for additional fees.

GDI Gear

GDI has recently opened a new front in its Revolution...GDI Gear. Demo gear hear and experience countless performance benefits integrated with GDI's world renowned tactics.

Program Structure:

Customize your participation between 1 and 10 hours of Skill Development Sessions per event.

- Any hour not participating in a Skill Development Session will become your Confined Space Power Skating (PSM) opportunity.
- 5 hours of Hand / Eye Reflex training per event.

The Gardens Ice House Schedule:

Monday June 8, 550PM and 650PM
Tuesday June 9, 420PM and 520PM
Wednesday June 10, 550PM and 650PM
Thursday June 11, 415PM and 515PM
Friday June 12, 515PM and 615PM
Hand/ Eye Reflex follows the second session

Rockville Ice Arena Schedule:

Monday August 24 through Friday August 28, 200PM and 300PM
Hand/ Eye Reflex follows the second session

Cost:

\$100 per Skill Development Session
Check to GDI at event

Example:

An athlete registers for 2 of the available 10 hours and receives 2 hours of drills, 8 hours of PSM skating, and 5 hours of Hand / Eye Reflex training. All for only \$200.

Reservation and Registration:

Reserve your requests immediately. GDI reserves the right to alter a request based on availability, and will confirm schedule with the athlete.

Contact **Ryan** at (757) 641-9515 or rhonick@gdihockey.com

gdihockey.com
Gear. Training. Resources.