

# 2010 CAMP MODERNIZATION AND ENHANCEMENTS



## 1. TECHNOLOGY IMPLEMENTATION

GDI is excited to announce a host of technology implementations into its national-camp system. Some of these advancements will find their way into our regional lineup as well:

- **Computerized Journal Entries** – students will now make journal entries into their own password protected area. In doing so, GDI is now able to consolidate students' journals, evaluations and other camp material into a comprehensive learning document available upon departure.
- **Annotated HD Video Analysis** – technological advancements in the areas of video analysis, HD video and capturing devices allows GDI to collect and annotate HD video of each student and have it compiled for camp departure. Annotated video provides students with an ongoing learning resource for the coming season.
- **Online Dashboard** – GDI's online dashboard provides comprehensive administrative support prior to camp, during camp and for camp follow up. GDI students login to their password-protected "space" to manage their memberships, camps and follow growth patterns and trends in their development. GDI's Online Dashboard allows goalkeepers to collate all of their training and development material into a single "space".
- **Daily Photo and Video Uploads** – Parents can look to GDI's online social networking channels for daily glimpses of their son or daughter. GDI's Youtube and Facebook channels help connect homes with our residential camps.
- **Database Driven Email Support** – Tying GDI's TRENDkeeper system with camp evaluation and fitness materials along with a goaltender's age and level of play allows us to filter our training resources in a custom fashion, specifically, for each goaltender's need. Unlike other programs, GDI seeks to leverage technology to be a partner in each goaltender's development year round and, most importantly, when it counts – in season.

## 2. REVISED AND PROGRESSIVE CURRICULUM THEMES

GDI has gone back to the drawing board on its complete curriculum. GDI has, over the last number of years, added programs to the front and back end of its traditional ADV2 and HP3 programs. The additions of our INTRO1 and P4 programs have expanded the scope of our curriculum but we have now revisited the entire curriculum in a cohesive manner. GDI's progressions and corresponding themes now include:

NAME	PROGRESSION	THEME	FORMAT
Introduction to Goaltending	GDI1	Foundation Development	Regional Day
Advanced	GDI2	Introduction to Multi Inputs	Regional Day
High Performance	GDI3	Advanced Technical	Regional Day
Elite	GDI4	Advanced Technical and Multi-Input Training	National Resident
Prospect	GDI5	Advanced Tactical and Game Dynamic Training	National Resident

GDI has introduced our all-new GDI4 (ELITE) program as a residential option. This provides prospective students with a lower price-point residential program while, at the same time, offering new programming to meet the needs of today's elite and progressive netminders. Ian Clark will be directing all of our residential programs alongside GDI's Camp Directors. Regional Managers will continue to run our regional camps.

## 3. BROADENED PERFORMANCE FOCUS

GDI's camps have long stood for a comprehensive approach to goaltender development with a strong emphasis on the technical, psychological, physiological and equipment dimensions of the game. Starting in 2010, GDI's performance focus has broadened to include the following array of performance inputs:

1. Technical
2. Reactive
3. Competitive
4. Instinctive
5. Anticipatory
6. Athletic
7. Mental



Ian Clark, Director

Continuing to study and evolve his thoughts on the game, GDI's Director, Ian Clark, has broadened his instructional approach and philosophy, along with both the on-ice and off-ice curriculums to accommodate each of these crucial inputs. Each goaltender attending GDI will not only be exposed to each of these but will explore, within themselves, their unique recipe for success. GDI will help facilitate this personal journey and exploration.

## 4. NEW FITNESS PROGRAMMING AND PRE-CAMP TRAINING

There has been extensive progress in the areas of goaltender-specific fitness training. GDI is working with leading strength and conditioning coaches to assemble a more modern, more progressive and more specific approach to improving your fitness game. Athleticism is one of the key dimensions noted above. From enhanced flexibility, agility, foot and hand speed to improvements in core strength, visual acuity, power, strength and other traditional elements, GDI's fitness training will be on the cutting edge of goaltender athleticism. Combining this progressive, renewed and fresh approach with GDI's technological gains will provide attendees with an exceptional base from which to improve their game and stop more pucks.

## 5. NEW TEACHING APPROACHES AND TECHNICAL INNOVATIONS

Finally, but certainly not lastly, GDI will be providing its elite netminders with new technical and tactical approaches. The latest innovations from GDI Director Ian Clark, in concert with our Regional Managers, will find its way into our curriculums. Learn the latest approaches tested and tried by today's leading netminders. From net-play tactics to traffic management to rush management to read-and-anticipatory skills to new rebound-control training, GDI is braced to take your game to its next frontier. Are you?