



IAN CLARK, CONSULTANT



## A MESSAGE ON STYLE AND APPROACH...

Dear Athlete, Agent or Club Client,

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 clients' 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 (where necessary) and exploration of the intangibles 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.

I look forward to working with you in the coming months,

**Ian Clark**  
Chief Consultant

# FEATURES AND BENEFITS...



## The Driving Force behind GDI

Ian Clark is the Editor-in-Chief of From the Crease and The Goalie News and is a recognized as a leading goaltender educator/consultant by NHL, minor pro, major junior, NCAA and international goaltenders around the globe. He has demonstrated an ability to move goalies along a rapid course of development to the highest levels of the game and has an innate ability to break down the most complex skills into manageable and progressive increments.

## Sophisticated Skill Development

Bring the most up-to-date and successful approaches into your game. Develop sophisticated shot preparation skills and enhance the control and precision of your first save to build superior puck control and recovery systems. Improve body form to ensure save compactness, width and vertical coverage. Dramatically improve the ability to re-occupy coverage of the net with speed, efficiency and control. Implement leading and innovative tactical solutions into your game.

## Comprehensive Pre-event Analysis

GDI will provide a total analysis based upon submitted video footage. Pre-event report of strength and weakness will be submitted to the athlete (and client, if different than the athlete) for review prior to on-ice activity.

## Athlete-Specific Drills

Drills will be designed on the basis of each goaltender's specific needs. Following the pre-event analysis GDI staff will formulate the drills necessary to progressively implement the desired skill improvements.

## One-on-one Skill Development Sessions

The maximum number of goalies on the ice is two. These two participants will be matched by skill level and will operate independently at each end of the ice. Ian Clark (with assistants) will provide the on-ice tutelage and will rotate between the two stations ensuring correct drill structure and proper execution of positioning, tactics, and techniques by the athletes.

## Daily Confined-Space Power Skating

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 one-on-one tutelage.

## Post-event Analysis and Action Plan

Following completion of the athlete's days, the athlete will be given a post-event analysis and action plan for further 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.

## 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.

## Fitness Facilities and Personnel

At Planet Ice in Vancouver, GDI's high-performance, consulting program offers both hockey and fitness facilities.

# STRUCTURE, DATES AND FEES...



## LOCATION:

GDI's high-performance consulting program is held at Planet Ice in Vancouver (Coquitlam facility).

This facility includes:

- ◆ 4 ice sheets
- ◆ Full fitness and medical facilities
- ◆ Restaurant
- ◆ Gymnasium
- ◆ Pro shop
- ◆ And more

## DATES AND PROGRAM STRUCTURE:

GDI consulting is available from August 21 - September 14, 2006 (final week reserved for NHL clients).

Each day includes the following events:

- ◆ Two on-ice personalized skill training sessions with Ian Clark to affect key areas of weakness within the athlete's game
- ◆ An additional confined-space power skating session to enhance foot speed and positional agility
- ◆ Fitness sessions (optional)

**In addition, each athlete receives the following additional components:**

- ◆ One pre-event analysis and report (based upon submitted video tape footage)
- ◆ One post-event analysis, assessment, and action plan for further improvement (to be received by client no more than 21 days after the completion of the program)
- ◆ Season-long maintenance which includes video assessments and telephone conferencing at the discretion of the client

## FEES:

Fees are calculated on a per day basis. The following table outlines the cost scale for different volume levels:

DAYS	FEE/DAY	TOTAL FEE	DAYS	FEE/DAY	TOTAL FEE
1	1,000	1,000	5	600	3,000
2	700	1,400	6	600	3,600
3	650	1,950	7	550	3,750
4	650	2,600	8+	negotiable	

2006 GDI CONSULTING PROGRAM



# PROGRAM APPLICATION...



## ATHLETE PROFILE

SURNAME		GIVEN NAMES	
MAILING ADDRESS:		CITY	
PROVINCE/STATE	POSTAL/ZIP CODE	COUNTRY	
DAY PHONE	EVENING PHONE	EMAIL ADDRESS	
DATE OF BIRTH (MMDDYYYY)	HEIGHT:	WEIGHT:	
SHOOTS	CATCHES WITH THE :		

## CLIENT PROFILE (if different than above)

TEAM/AGENT NAME		
MAILING ADDRESS:		CITY
PROVINCE/STATE	POSTAL/ZIP CODE	COUNTRY
OFFICE PHONE	EVENING PHONE	EMAIL ADDRESS

## CURRENT AND HISTORICAL PLAYING PROFILE

2005/2006 CLUB TEAM	LEAGUE
	RIGHTS OWNED OR PROTECTED BY:
2004/2005 CLUB TEAM	LEAGUE
2003/2004 CLUB TEAM	LEAGUE

## DATE SELECTION

NUMBER OF DAYS REQUESTED:	1 <sup>ST</sup> PREFERENCE OF DATES (must be consecutive):
	2 <sup>ND</sup> PREFERENCE OF DATES (must be consecutive):

## SIGNATURE OF INTENT & AGREEMENT TO CONDITIONS (READ & SIGN OVER)

NAME OF CLIENT (please print):	AUTHORIZED SIGNATURE OF CLIENT:
TERMS AND CONDITIONS READ AND AGREED TO:	DATE OF SIGNATURE:
YES (initial here _____)	

