

LEVEL UP

GOALTENDING

SEPTEMBER 2024

Hi Goalies,

As tryouts begin to wrap up and we head into an exciting new hockey season, we want to take a moment to recognize your focus and determination thus far. This is a pivotal time to harness the momentum you've built and channel it into setting the stage for an incredible hockey season!

Remember, the most important aspect of this journey is your mindset. Approach each practice and game with a positive attitude, knowing that every moment on the ice is an opportunity to grow and refine your skills. Trust in your training and believe in your abilities.

As you step onto the ice this season, believe in yourselves, stay focused and give it your all!

We're cheering for you!

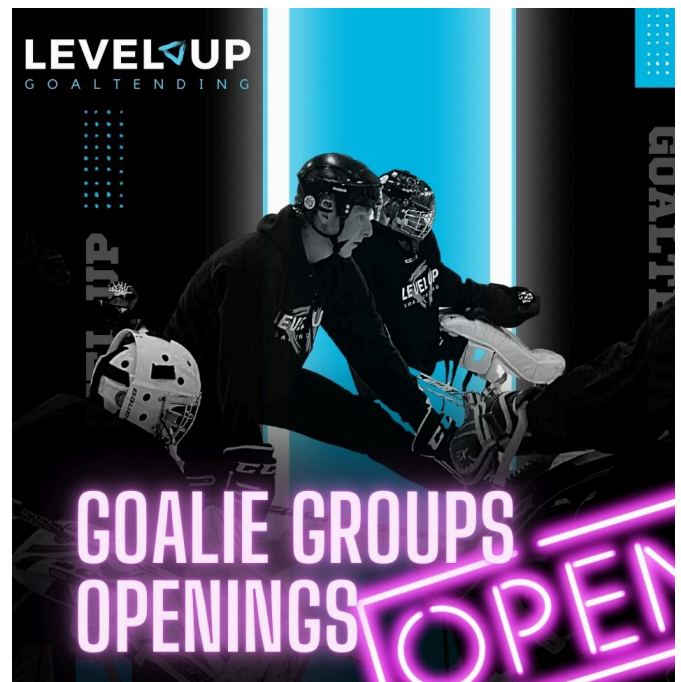
Erick & The Team at Level Up
Goaltending

NEW GROUP SESSIONS!

New Goalie Groups are now open! Each group runs biweekly (twice a month) starting in October! Sign up for one group for biweekly sessions or multiple groups for weekly sessions.

All group sessions are held at The Mini Rink. Max of 4 goalies with 2 instructors. \$75 per session. Pay as you go!

Sessions can be cancelled if needed (with notice). Get in touch to hold your spot!



Group 1: Mondays at 6:30pm biweekly

(October 7th, 21st, November 4th, 18th,
Dec 2nd, 16th, January 6th, 20th,
February 3rd, 17th)

Group 2: Mondays at 6:30pm biweekly

(October 14th, 28th, November 11th, 25th,
December 9th, 23rd, January 13th, 27th,
February 10, 24th)

Group 3: Tuesday at 5:15pm biweekly

(October 8th, 22nd, November 5th, 19th,
December 3rd, 17th, January 14, 28th,
February 11th, 25th)

Group 4: Wednesday at 6:30pm biweekly

(October 2nd, 16th, 30th, November 13th, 27th,
December 11th, January 8th, 22nd,
February 5th, 19th)

Group 5: Wednesday at 6:30pm biweekly

(October 9th, 23rd, November 6th, 20th,
December 4th, 18th, January 15th, 29th,
February 12th, 26th)



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BOOKINGS AT THE MINI RINK:

Set up your season for success! Book your sessions now to stay at the top of your game! Level Up offers professional goalie training at The Mini Rink all season long!

Private 1:1 Sessions, Semi Private 2:1 Sessions, Group Sessions 4:2, Visual Training, Mental Training, and more!

Email us anytime to get the up to date openings list! Email : levelupgoalies@gmail.com

COMING SOON:

We are putting the final touches on our School Break and PD Day Sessions, Holiday Camps and more. Stay tuned they are coming soon!

As always, we'd love to hear from you! Connect with us on social media @levelupgoaltending, by email at levelupgoalies@gmail.com, or by phone at 780-418-5566.

TIPS FOR A SUCCESSFUL SEASON:

- **Set Personal Goals:** Take a moment to define what you want to achieve this season. Having clear goals will keep you focused and motivated.
- **Stay Committed to Practice:** Consistency is key. Make the most out of every session and practice by showing up with a strong work ethic, positive attitude and a willingness to learn.
- **Embrace Challenges:** There will be highs and lows throughout the season. When faced with challenges, remind yourself that setbacks are opportunities to learn and grow. Stay resilient and keep pushing forward.
- **Support Your Teammates:** Nurture a positive team culture. Encourage your fellow goalies and players. Celebrate their successes and learn from each other.
- **Enjoy the Journey:** Remember why you love this game. Cherish the friendships you make, the lessons you learn and the fun moments you share. The experiences you create will last a lifetime.

