



## SARA Gold In the Net

### Goalie Development Program

The Gold in the Net Program (<http://www.goldinthenet.com/en/alberta/>) has developed a program for ringette goalies below. Note there is overlap between some age groups, depending on the goalie's experience.

**Group A (Tween and Up):** 10 x 45 minute sessions for older goalies starting mid-Oct and finishing mid-Feb every other week with a break through Christmas

**Group B (Petite and Tween):** 6 x 45 minute sessions for younger goalies starting mid-Nov and finishing mid-Feb every other week (alternate weeks to Group A) with a break through Christmas.

The above 2 groups had lessons (shots) and goalie-specific power skating as part of their program.

**Group C (Novice and Petite):** 6 x 45 minute sessions for beginner goalies starting mid-Nov and finishing mid-Feb. These groups were only given goalie-specific power skating as their lack of chest protection prevented us from giving them shot lessons.

Tuesdays will be the best night for availability. Gold in the Net will be contacting participating goalies from last year and will start bookings. The tentative schedule would be as follows:

**Group A** dates would be: Oct 14 & 28, Nov 11 & 25, Dec 9 & 23, Jan 6 & 20 and Feb 3 & 17 (Times 6:00pm & 7:00pm)

**Group B** dates would be: Nov 18, Dec 2 & 16, Jan 13 & 27 and Feb 10 (Times 6:00pm & 7:00pm)

**Group C1** dates would be: Nov 25, Dec 9 & 23, Jan 6 & 20 and Feb 3 at 5:00pm

**Group C2** dates would be: Nov 18, Dec 2 & 16, Jan 13 & 27 and Feb 10 at 5:00pm

If you are interested contact Jeannie Robertson at [alberta@goldinthenet.com](mailto:alberta@goldinthenet.com) (780 418 5566) or if you have further questions, feel free to contact the Goalie Coordinator, Corey De La Mare at [goalie@stalbertringette.com](mailto:goalie@stalbertringette.com)