

# Kurtis Mucha Goaltending Camp – Summer 2024

**Dates:** July 11<sup>th</sup> – 14<sup>th</sup>, 2024

**Location:** Grande Prairie – Crosslink County Sportsplex

## **Camp Schedule:**

### **Thursday July 11<sup>th</sup>, 2024 – Crosslink County Sportsplex**

- Group 1 – Registration – 3:00pm
- Group 1 – Meeting – 3:45pm
- Group 1 – On Ice – 4:00pm – 5:15pm
- Group 2 – Registration – 4:45pm
- Group 2 – Meeting – 5:30pm
- Group 2 – On Ice – 5:45pm – 7:00pm

### **Friday July 12<sup>th</sup>, 2024 – Crosslink County Sportsplex**

- Group 1 – On Ice – 10:00am -11:15am
- Group 1 – Off Ice – 11:30am – 12:30pm (KH Performance)
- Group 1 – Lunch – 12:30pm – 1:00pm
  
- Group 2 – On Ice – 11:30am – 12:45pm
- Group 1 and 2 – Off Ice – 1:00pm – 1:45pm (Group Discussion, Video, and Assignment)
  
- Group 1 – On Ice – 2:15pm – 3:30pm
  
- Group 2 – Lunch – 1:45pm – 2:15pm
- Group 2 – Off Ice – 2:15pm – 3:15pm (KH Performance)
- Group 2 – On Ice – 3:45pm – 5:00pm

## **Saturday July 13<sup>th</sup>, 2024 – Crosslink County Sportsplex**

Group 1 – On Ice – 10:00am -11:15am

Group 1 – Off Ice – 11:30am – 12:30pm (KH Performance)

Group 1 – Lunch – 12:30pm – 1:00pm

Group 2 – On Ice – 11:30am – 12:45pm

Group 1 and 2 – Off Ice – 1:00pm – 1:45pm (Hot Stove)

Group 1 – On Ice – 2:15pm – 3:30pm

Group 2 – Lunch – 1:45pm – 2:15pm

Group 2 – Off Ice – 2:15pm – 3:15pm (KH Performance)

Group 2 – On Ice – 3:45pm – 5:00pm

## **Sunday July 14<sup>th</sup>, 2024 – Crosslink County Sportsplex**

Group 1 – On Ice – 9:00am -10:15am

Group 1 – Exit Meeting – 10:15am

Group 2 – On Ice – 10:30am – 11:45pm

Group 2 – Exit Meeting – 11:45am

**Off Ice:** Will include a combination of: yoga, video sessions, education on hip strength, mobility and flexibility hand-eye drills etc.

See next page:

Kurtis Mucha Goalie Consulting is coming to Grande Prairie for the 2nd time this summer in 2024! After a great experience last year by all, and increasing demand, we are excited to come back this year.

Kurtis is currently the goalie coach for the Edmonton Oil Kings of the WHL and Sherwood Park Crusaders. Kurtis has been working with the GPAC goalies for the past 4 seasons. For more information on Kurtis, please visit [www.kurtismucha.com](http://www.kurtismucha.com)

### **Camp details:**

The registration process will take place via email this year. Please follow the steps below to secure your spot in this summer camp.

### **\*Note: Full payment is not required at this time**

1. Email/text me saying you'd like one of the spots
2. E-transfer - \$300 (other payment methods will also be accepted) to [kurtismucha@gmail.com](mailto:kurtismucha@gmail.com) to secure your spot (or contact me with another way to make your deposit)

The feedback at our camps last year was the best it's ever been in terms of value and experience gained from my camp. After seeking detailed feedback from last years participants to provide an even better experience in 2024, see below for some additions as well as the mainstays for our camp:

- iPad's use at multiple stations.
- Multiple high level shooters at each station
- Off ice - details will remain private for now as a few things are still in the works, but I'm very excited for a few things the goalies will be experiencing. Creative and value driven ideas are the basis behind my thoughts for this years camps
- On ice themes that challenge the goalies to help reach their developmental goals

### **Details:**

- **When:** July 11th - 14th, 2024
- **Where:** Crosslink County Sportsplex
- **Cost:** \$1024 + GST (\$1,075.20)
- **Payments:** Payments can be made over the months leading up to the camp. Contact me if you'd like to set up a plan (couple hundred dollars each month etc).
- **Schedule:** A tentative schedule is attached. Final copy will be sent out 1 month prior to the camp.
- **First come - first served - This camp is designed for goalies U11 and older (younger goalies will be taken on a case by case basis)**

Your spot will be guaranteed until **June 1st** when full payment is due.

Payment can be completed in **cash, email transfer or cheque (cheques payable to Kurtis Mucha)** mailed to the address below. It is imperative that the payment is completed by **June 1st** as there will be a lengthy waiting list for the camp this summer and if payment is not received prior to the deadline the camp spots will be opened to the waiting list participants. Once payment and registration are completed there will be **No Refunds**. Payment plans won't abide by the June 1st deadline as long as we have an agreement in place.

### **Payment Address:**

Kurtis Mucha  
118 Sunwood Bay  
Sherwood Park, AB T8H 0Z6  
E-transfer: [kurtismucha@gmail.com](mailto:kurtismucha@gmail.com)