

NEWSLETTER



www.proaligoalie.com

Facilities

- **Fraser Valley** – Unit# 3 - 4 20097
92A Ave. Langley, BC
- **Lower Mainland** – 7779 Edmonds
St. Burnaby, BC

Spring Goalie Camp!

Dates & Times: Week Long

- **March 8th** - Skating and Lateral Movement
- **March 9th** - Angels
- **March 10th** - Rebound Control Upper Body
- **March 11th** - Rebound Control Lower Body
- **March 12th** - Screens & Deflections

Location:

- NTR - #107 – 20740 Mufford
Crescent Langley, BC

Programs

- Private 1-on-1 Lessons: Find Out Why Unique ProSpeed R.S.S. Training Rinks Create Great Goalies!
- Private 1-on-1 Lessons On Ice!
- Private Tandem Goalie Training!
- Goalie Training During Team Practices!
- Goalie Fit: Dry Land Training!
- Summer Rep. Prep Camps!

Contact

- E-mail: Joey@proaligoalie.com
- Tel: 604.614.3619
- Office: Suite 1602 - 111 West Georgia St. Vancouver, BC

