

# BYRON SPRIGGS GOALTENDER DEVELOPMENT

SUMMER 2021 PROGRAM  
INFORMATION  
&  
REGISTRATION PAGE



*A Note from Byron:*

Hi Everyone!

I'm really excited to announce my summer programs for 2021!

It's definitely been an interesting past 12 months, and a difficult season to be a hockey player. However, I'm hoping for everyone there were some positives to take away!

For me - I was fortunate to work with a large group of goalies throughout the winter over Zoom. We were able to work and improve on our goalie specific abilities and strengths from the comfort of our own homes. Restrictions or not, these goalies were committed to improving, which was so great to see as a goalie coach!

In addition, I was excited and humbled to be named the goalie consultant for the WHL Winnipeg Ice as they made their trip to Regina for their WHL Season Hub. It's been a rewarding and exciting experience to work with some of the most elite goalies in Canada!

With hockey returning this spring, I'm hopeful that this summer we can begin to move even further toward a 2021-22 hockey season that is a little bit more "normal"!

Please take the time to read through the different programs I am offering. I have the regular programs that I've offered in the past, including my weeklong summer camp at the end of August. However, I also added a couple new camps this summer that I am very excited about!

In addition, I'm thrilled to continue to have the best staff of coaches in Winnipeg. To support me on the ice, I have an MJHL goalie coach, former and current WHL, Junior A, and Bison goalies. The entire team is excited to provide that quality, caring coaching that all the goalies look forward to every summer.

I'm really excited to work with everyone this summer!

Thanks,

Byron Spriggs



## FULL SUMMER PROGRAMS

### SUMMER ELITE PROGRAMS

#### GROUP 1

Peewee/Bantam Elite Program

2009-2006

9 Week Program - July 5-August 25 - Monday and Wednesdays 6:15-8:30PM

13 On-Ice Sessions

17 Off-Ice Sessions

#### GROUP 2

Midget/Junior Elite Program

2005+ (AAA and above)

9 Week Program - July 5-August 25 - Monday and Wednesdays 7:30-8:30PM

13 On-Ice Sessions

4 Off-Ice Sessions

#### Description:

This is the ultimate goalie-specific off season training program. Don't worry about booking different camps, skates, or workouts this summer. This is your one-stop program to take your summer development to the next level.

Each session will have one intense on ice session, followed by a goalie specific off-ice workout. With sessions twice per week all summer, it gives goalies the consistency to improve their game, while also allowing time away from the rink to recover and focus on other activities.

Byron and his stellar group of coaches will be putting the goalies through the paces at these sessions. These are perfect for goalies really looking to excel next season, and take a step forward with their game!

## **AUGUST CAMPS AND PROGRAMS**

### **1) AUGUST BREAKFAST CLUB**

2012-2007

3 Week Program

Aug 3-19, 2021

Monday and Wednesday Mornings (5 sessions)

OR

Tuesday and Thursday Mornings (6 sessions)

7:00-8:00AM

For the early risers!

These early morning goalie specific sessions are a great opportunity for those who play other sports to still get some goalie specific development as we approach hockey season.

This program will be great for goalies looking to get on the ice a few times before my weeklong camp and tryout prep camp at the end of August! That way the rust will already be gone before the week of camp starts.

### **2) WEEKLONG CAMPS**

AUG 23-26 (Monday-Thursday)

FOUNDATIONS - 2012-2009 - 8:00AM-3:00PM

This camp focuses on the fundamentals of goaltending for new and young goaltenders. We aim to create a solid foundation of techniques for these goaltenders to build upon.

Details:

2.5 Hours of Ice per day (1 90 minute session and 1 60 minute session)

60 Minutes of Classroom/Video Analysis

90 Minutes of Dryland Training

45 Minutes of Sports

Instructor to Goalie Ratio of 2:1 (Very rare for most goaltender camps!)

JR. DEVELOPMENT - 2008+ 9:00AM-3:00PM

Details:

2.5 Hours of Ice per day (1 90 minute session and 1 60 minute session)

60 Minutes of Classroom/Video Analysis

90 Minutes of Dryland Training

Instructor to Goalie Ratio of 2:1 (Very rare for most goaltender camps!)

### **3) TRYOUT PREP CAMP**

AUG 30-SEP 2

GROUP 1 - 6:15PM

GROUP 2 - 7:30PM

Your last chance to prepare before tryouts!

Get 4 goalie specific sessions in during this last week before tryouts begin.

This is one of the last weeks to prepare before tryouts.