

**The 2010 AIHA Rick Parry Goalie Camp- REGISTRATION FORM**

Surname: ..... First Name: .....

Date of Birth: ..... / ..... / ..... Gender: Male / Female

Street Address: .....

Suburb: .....

City / Town: ..... Postal Code: .....

Parent / Guardians Name ..... (if applicable)

Contact Phone Numbers

( ..... ) ..... (Home)

( ..... ) ..... (Mobile)

Email or Parental Email: .....

Playing Experience/Current Team/Age Grade:

.....

.....

Relevant Medical History (allergies and/or medication Information):

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.....

A **\$100.00 non-refundable** deposit is necessary to confirm a place in the camp. I understand that the balance will be paid on the first day of the camp. I also understand that, while every care will be taken with regards the safety of my child, the organisers of this camp cannot be held responsible for any injury arising.

Parent Signature: ..... Date: .....

Please tear off and mail to: Jeff Bonazzo / NZIHF Coaching Coordinator  
41 Shelley Beach Road  
St Marys Bay  
Auckland  
1011

**THE AUCKLAND ICE HOCKEY  
ASSOCIATION AND THE NZIHF  
PROUDLY PRESENTS:**



**THE 2010 AIHA  
RICK PARRY GOALIE  
CAMP**

*at Paradise Avondale-Auckland*  
**July 10<sup>th</sup> - 11<sup>th</sup>**

Proudly Endorsed by:





### **The 2010 AIHA Rick Parry Goalie Camp 10-11 July at Paradise Avondale**

Led by Ice Black and Dunedin Thunder goaltender Rick Parry, combining the skills and techniques he has learnt at the McGuire Goaltending Academy in Canada, as well as from Steve McKichan, former Toronto Maple Leafs Goaltending Coach, Rick blends them together to deliver his own specialized goaltending clinic here in NZ. The Rick Parry Goalie Camp offers the very best goaltending advice available in New Zealand.

Rick teaches what he knows, the skills that have enabled him to reach the top of the ice hockey world in New Zealand, making him one of only two Ice Blacks goaltenders to ever record a shutout in IIHF play.

Rick uses over 30 specifically designed drills that are used to develop the overall game of the goaltender. They work to develop things such as reaction time, puck handling, foot speed, building a correct and powerful stance, overall goaltending fitness, save technique, glove and blocker skills and better rebound control; all key aspects that make a great goaltender. As not every goalie is at the same level, his coaching techniques and drills cater to goalies on an individual level, focusing on their particular weaknesses until they become strengths.

#### **The camp will consist of:**

Four hours of on-ice sessions focusing on skating technique, shooter situation stations and small area games. Each ice session will put you in game-like situations that will grow your game when you get back with your team. Shooters are there for the sole purpose of helping the goalie get better. Goaltenders will enjoy the competitive small area games where they try to outplay each other. For many reasons, it is important to be able to train on specific areas even when you are not on the ice. The drills shown at the off-ice sessions will allow you to develop your game anywhere.

The camp will also feature Ice Blacks Coaches along to support Rick and direct drills and shooters.

#### **Cost and Limitations:**

The camp is limited to twelve goalies maximum. To guarantee your place, RSVP by the 3rd July to Jeff Bonazzo or to Rick Parry at the address or telephone number provided below.

**The cost of the camp will be set at \$200 per goaltender.** This includes the ice time rental, gym hire, coaching staff and a pizza dinner supplied on Saturday night. A \$100 deposit is required to guarantee your spot in the camp and the remainder of the \$200 registration fee is due on July 10.

Feel free to contact Rick or Jeff with any queries you may have.

Rick Parry  
021 859 440  
[rickparrygs@gmail.com](mailto:rickparrygs@gmail.com)

Jeff Bonazzo  
021 284 8433  
[jeffbonazzo@hotmail.com](mailto:jeffbonazzo@hotmail.com)

#### **2010 AIHA Goalie Camp Itinerary- (times may vary slightly if ice time is available)**

##### **Saturday 10<sup>th</sup> July**

9:00am- Check in and Registration for the camp at Paradise Avondale  
9:15am- Pre-Camp Meeting at the rink. Weekend rundown, timings and answer all questions  
9:30-10:00am- Jog/warm up/stretch/get dressed for training  
10:15-11:15am- On Ice Session #1  
11:15-11:45am- Break/ Post-training feedback  
11:45-12:45pm- On Ice Session #2  
12:45-1:15pm- Stretch/cool down/shower then Post-training feedback/Q & A session  
1:15pm- Lunch (at your cost/up to you)  
4:00pm- Specific off-ice work out for goaltenders with Trainer at Body Business Gym on Nandina Place, East Tamaki  
6:00pm- Meal at a Goode Brothers Restaurant in Botany- on Rick!!

##### **Sunday 11<sup>th</sup> July**

7:45am- Meet at Paradise Avondale  
8:00am- Pre Training Briefing; Jog/warm up/stretch/get dressed for training  
9:00-11:00am- On Ice Session #3  
11:15-11:45am- Stretch/cool down/shower then Post-training feedback/Q & A session  
12:00pm- Final end of camp meeting in the warm-room