

WHY BUILDING BLOCKS?

"Building Blocks has really improved the physical and mental aspects of my game."

- Student (2007)

"The only goalie school that goes the extra mile."

- Student (2007)

BUILDING BLOCKS
GOALTENDING

"The instructors are kind and respectful, and good role models."

- Student (2006)

"Great school and money well spent."

- Parent (2006)

"Building Blocks improves your game. You just don't get shots, you get as much on ice instruction as a private lesson."

- Student (2008)

BUILDING BLOCKS
GOALTENDING



BLADERUNNERS ICE COMPLEX

WARRENDALE, PA BETHEL PARK, PA

WEEKDAY CAMPS

PRE TRYOUT CAMPS

ADVANCED TRAINING

WWW.BUILDINGBLOCKSGOALTENDING.COM

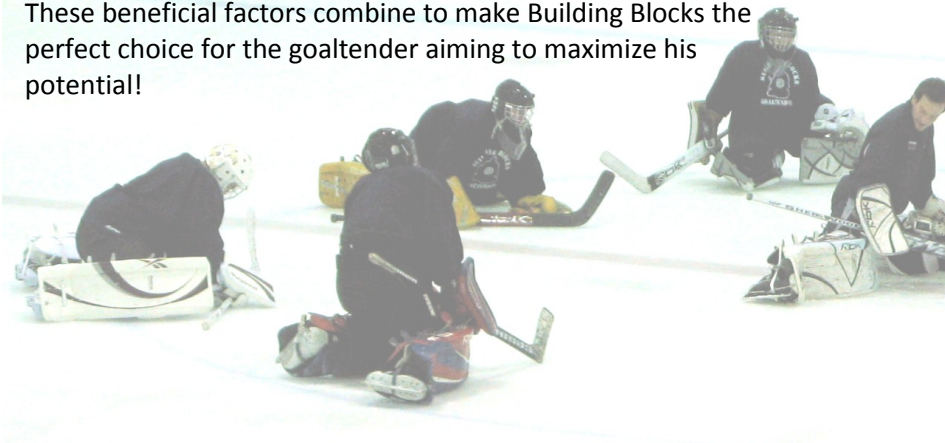
OUR MISSION

Building Blocks Goaltending strives to provide the finest educational and instructional program available to goaltenders. We afford each attending goaltender the opportunity to learn and develop the skills and intangibles required to be a successful goaltender.

We focus on the fundamentals crucial to today's blocking, body-based game: shot preparation, occupation of space, building net coverage, visual attachment, loading the post, and post-save responses such as power leg recovery, movement while down, and post-save rotation. Then, using our innovative stations system, our staff is able to tailor each drill based on each student's strengths and weaknesses. We then apply these fundamentals to game situations utilizing movement-oriented drills. Unlike other schools, this system allows our staff to provide far more individualized instruction to each student while still maintaining the group format and maximizing each goaltender's ice time.

Complimenting our on-ice program are morning classroom sessions detailing each day's on-ice skill sets and drills. Our afternoon classroom sessions feature video analysis and discussions on specific topics, including good sportsmanship, mental preparation, nutrition and more. Each day finishes with our challenging goaltender-specific conditioning and strengthening dryland program.

These beneficial factors combine to make Building Blocks the perfect choice for the goaltender aiming to maximize his potential!



REGISTRATION



Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Telephone: _____
Email: _____
Age: _____ Years of Experience: _____
Level of Play 2011-12: _____

SCHOOL DATES:

Check week(s)

___ Warrendale
(June 25 - June 29)

___ Bethel Park
(Aug 6 - Aug 10)

Full payment or a deposit of \$225.00 due with registration form by **May 31, 2012.**

*Deposit is non-refundable after May 31, 2012.

ADVANCED TRAINING DATES:

Select Session(s):

Warrendale

Bethel Park

___ Session One (\$150)

___ Session One (\$195)

___ Session Two (\$150)

___ Session Two (\$195)

PRE TRYOUT CAMP:

Select Location:

___ Warrendale (\$125)

___ Bethel Park (\$125)

Make checks payable to **BUILDING BLOCKS GOALTENDING.**

Mail to: Jonathan Hoffmann
1726 Locust Road
Sewickley, PA 15143

PRE TRYOUT CAMP

Looking for the extra edge heading into tryouts? We are offering a pre tryout camp for those looking to take that step forward. Each session is limited to 12 goaltenders.

WARRENDALE

Time: 11:00am-12:30pm
Dates: March 31, April 1
Cost: \$125.00



BETHEL PARK

Time: 11:00am-12:30pm
Dates: April 28, 29
Cost: \$125.00



BACK FOR 2012!

ADVANCED TRAINING

The Advanced Training sessions allow us to deliver even more personalized instruction through high tempo game situational drills. Each session is limited to 12 goaltenders.

WARRENDALE

Session One
Time: 11:30am-1:00pm
Dates: May 5, 6
Cost: \$150.00

Session Two
Time: 11:00am-12:30pm
Dates: July 21, 22
Cost: \$150.00

BETHEL PARK

Session One
Time: 6:30pm-8:00pm
Dates: May 21, 22, 23
Cost: \$195.00

Session Two
Time: 6:30pm-8:00pm
Dates: July 24, 25, 26
Cost: \$195.00

SCHOOL FEATURES



- Two hours of comprehensive on-ice skill development per day, featuring Building Blocks highly effective station system.
- Three hours of on-ice game situation instruction. Playing the puck, breakaways, and tracking the play behind the net will be covered.
- Two specialized in-depth classroom sessions per day, complimenting our on-ice program with extensive discussions of theory/technique, video analysis, and much more.
- Comprehensive dryland training sessions, including the latest conditioning, plyometric, anaerobic, aerobic drills and exercises specially designed for goaltenders to help build quickness and power, as well as strength and stamina.
- Classroom session for parents highlighting the differences between the classic and modern goaltending styles.
- New students receive a copy of the **BUILDING BLOCKS GOALTENDING** Manual and DVD set.
- Returning students receive the **BUILDING BLOCKS GOALTENDING** Manual.

SCHOOL PRICE: \$450 PER GOALTENDER

WARRENDALE

JUNE 25 - JUNE 29

BETHEL PARK

AUG 6- AUG 10

Limited to the first 20 registered goaltenders.



ABOUT US



Our staff are elite level goaltenders, chosen specifically for their ability to teach, develop, and interact with young goaltenders. Since consistency within instruction is key to skill development, all of our staff teach and utilize the same skills and techniques.



JONATHAN HOFFMANN

DIRECTOR

Jonathan graduated from Robert Morris University in 2008. During his college career, he led the Colonials to two Eastern Collegiate Hockey League championships and two ACHA National Tournament appearances. He is currently the assistant coach for Chatham University NCAA DIII Women's hockey team.



SEAN MOLONEY

DIRECTOR

Sean has been coaching goaltenders at amateur, high school, junior, and collegiate levels for over thirteen years. He is currently the goaltending coach of the Washington and Jefferson ACHA DI hockey team.



JEFF KRISTAN

Jeff has been with Building Blocks since its inception. Jeff graduated from Penn State University in 2009 with a degree in Biology.



MAX RICHARDS

Max is in his fourth year with Building Blocks. Currently, he is in his senior year at Miami University of Ohio and will graduate with a degree in both Marketing and Communications.



ROBBIE FALICK

Robbie is in his fourth year with Building Blocks. He graduated from Robert Morris University in 2011 with a degree in Marketing. While at Robert Morris, he led the Colonials to three ECHL Championships and he holds the Colonials all time win record.



ZAID ALZAID

Zaid is in his third year with Building Blocks. He is in his senior year with the Ohio University ACHA DII hockey team. He will graduate with a degree in both Finance and Sports Management.



MARTY GUDEWICZ

Marty is in his second year with Building Blocks. He is in his sophomore season with the Penn State University ACHA DII hockey team. He is majoring in Mechanical and Nuclear Engineering.

Contact Us:

Info@BuildingBlocksGoaltending.com