



TORONTO LEASIDE GIRLS HOCKEY ASSOCIATION

International Development Program

International Program Expectations for Players & Goalies

We are very excited in your interest in participating in this year's program. This pdf outlines what we are hoping to offer players and goalies during their participation in our International Program, but is subject to change.

Goalies:

- 1-2 team practices per week (1-1.5 hrs per practice, team dependant) with professional goalie coaching (team dependant).
- Off ice/dryland training (team dependant).
- 1-2 games per week (game schedule dependant, based on 50/50 ice time).
- 1-2 additional practices per week with other midget teams which may include prof. goalie coaching (team and timing dependant).
- Group Goalie training sessions with a skill level based coaching staff. This a part of the TLGHA professional development offered open to all House League and competitive teams.
- Goalie camp/s available at a discounted rate (additional cost) – usually around Christmas Break period.
- Discounted gym membership (TBC) (additional cost).
- Free "pick-up" games at local outdoor rinks.
- "Shinny" games at local rinks – goalies usually play for free.
- Other professional training can be arranged at additional cost.

Players:

- 1-2 team practices per week with professional coaching (team dependant).
- Off ice/dryland training (team dependant).
- 1-2 games per week (game schedule dependant, with equal ice time).
- 1-2 additional practices per week with other midget teams which may include prof. skills training (team and timing dependant).
- Player skills development camp/s available at a discounted rate (additional cost) – usually around Christmas Break period.
- Discounted gym membership (TBC) (additional cost).
- Free "pick-up" games at local outdoor rinks.
- "Shinny" games at local rinks – minimal cost (\$10-15).
- Other professional training can be arranged at additional cost.
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