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Trails West Goaltenders and Coaches,

On Saturday December 19th, David Marcoux, the former Calgary Flames goaltending coach, will be providing three 1 hour classroom clinics for our Trails West goaltenders and coaches. David has spent the past 20 years developing goalies (6 years in the NHL). He has worked with Mikka Kiprusoff, Curtis Joseph, Cam Ward, Brian Boucher and Curtis McElhinney to name a few NHL players.

We all understand that being a goalie requires being a very special athlete and a different mental toughness than a forward or defenseman. Through the use of powerpoint and video, David will discuss the WINNING ATTITUDE and its components of goal setting, confidence, relaxation, focus, mental preparation and psychology to play this unique position. He will also provide some insight as to how he would prepare Kipper and others for their big games.

Also, we as coaches often design practice plans with lots of drills that end up with a quantity of shots on net, but not necessarily considering the goalies unique needs or the quality of the shots. We think just because the goalie had a few hundred pucks shot at him that he must have developed in the practice. David will teach us coaches how to better integrate the goalies into the practice plan to make it an efficient work out for the goalie as well. How should we motivate our goalies? How should we change the goalies mindset from a practice to a game scenario?

The details are as follows:

Date: Saturday, December 19, 2009

Locations: Optimist Arena (meeting room off the main entrance)

Times:	Atoms (all divisions) and Peewee 5-10	8:30 am to 9:30 am
	Peewee 1-4, Bantams and Midgets/Junior	9:45 am to 10:45 am
	Coaches	11:00 am to 12:00 am

Cost: Free! Merry Christmas from Trails West!

If you have any questions you can contact me at 403-234-7691(home) or gerlas@telus.net.

Hope to see you there.

Scott Gerla
Trails West Manager Coach and Player Development