

2015  
GDI USA  
PROGRAM GUIDE



WWW.GDIUSA.US

**We believe that ALL goaltenders should be provided with ELITE coaching and development. That's why we create a personalized experience for each goalie at each of our events. Our staff has the experience and training to deliver our comprehensive curriculum and cater it to the individual athlete. We know that once a goaltender establishes a strict and distinct base (fundamentals), that they must then have a unique approach to the position. We offer mentorship to both male and female goalies throughout the year at ALL levels of play by hosting National and Regional camps as well as specialty clinics, personal consultations, association partnerships, and more.**



**Only by working in the rink, in the gym, and in the mind, can you truly identify your potential and reach your standard of excellence. We aim to seek out the talented and ambitious goaltenders ready to compete at the next level.**

**W W W . G D I U S A . U S**

# EXPOSURE + DEVELOPMENT

We bring together the best resources possible – to offer the best NATIONAL CAMPS possible. Learn from a collection of ELITE Coaches and their unique approaches to the position. Last year our staff represented 15 organizations from Pro, NCAA, WHL, OHL, USHL, NAHL, USPHL, EHL and Tier 1 youth programs. Unlike traditional goaltending camps, our curriculum is developed from many different approaches, philosophies, and styles. These camps are for career-minded, dedicated, male, 2002-born through college-aged goalies. Housing and meals provided.



Our 4th Annual!  
Sunday to Friday, July 19-24  
Presented at Quinnipiac University's  
TD Bank Sports Center, Hamden, CT



Our Inaugural Event!  
Sunday to Friday, August 9-14  
Presented at University of Wisconsin's  
Kohl Center, Madison, WI

W W W . G D I U S A . U S



# GIRL'S/WOMEN'S CAMP

Our inaugural event for females only, coached by an all female staff. Led by our Women's Director, Sanya Sandahl, who has been coaching for over a decade and who brings a one-of-a-kind coaching brand to the program.



GDI Midwest Regional Development  
Camp (RDC): Chicago – Girls/Women  
July 27-31  
American Heartland Ice Arena,  
Lincolnwood, IL

WWW.GDIUSA.US



# REGIONAL EVENTS



**GDI Southeast Regional Development  
Camp (RDC): Wayne, NJ  
July 15-17  
Ice Vault Arena, Wayne, NJ**

**GDI Southeast RDC: Washington DC  
July 27-31  
Rockville Ice Arena, Rockville, MD**

**GDI Southeast RDC: York  
August 17-19  
York City Ice Arena, York, PA**



**GDI Midwest RDC: Chicago - Boys/Men  
Our Inaugural Event!  
August 3-7  
Edge Ice Arena, Bensenville, IL**



**GDI USA PRO Consulting  
August 17-21  
Chicago, IL  
Junior, College, Pro levels  
6 Goalies per day, Invite Only**

**GDI USA Mid-Season Tune Up  
December  
Washington DC/Chicago**

**GDI USA Private & Group Lessons  
Available Year Round  
Chicago, New Jersey, Maryland**



**W W W . G D I U S A . U S**

# FEATURES & BENEFITS

## ***Progression Levels***

Our system of teaching is broken down into six distinct progressions. These levels are similar to class courses: smaller bundles of skills broken into manageable steps. It is this system which has helped lay the foundation for GDI's instructional success. Visit our website for a breakdown of the progression levels.

## ***Innovative and Cutting-Edge Skill Development***

Bring the most up-to-date and successful approaches into your game. We spend the season working with every level from youth to junior and pro goalies and coaches. Our approach, philosophy, and analysis of the position are founded on our comprehensive curriculum, experiences, network, and students.

## ***Skill Development Sessions / TRAINING***

The best Coach/Athlete ratios in the industry ensure every moment of ice is processed and managed with correct drill structure and proper execution by the athletes. All full groups consist of never more than 12 goaltenders on the ice.

## ***Position Specific Movement (PSM) Sessions / TRAINING***

Movement drives positional efficiency at any level of play. Agility work in this area will further enhance the athlete's entire game and dovetail with the skill development sessions.

## ***Fitness Development Sessions / FITNESS***

Physiology is a key ingredient to on ice success. We partner with leading Strength & Conditioning Coaches at nearly all events.

## ***Hand/Eye Reflex Development Sessions / FITNESS***

Use of this neurological stimulant will become routine during this specialized development component.

## ***Goaltender Specific Lecture Series / MENTAL***

An ever evolving lecture series has been created to leave no stone unturned during the programs. Lectures are given at select events.

## ***Post-event Mentoring and Follow-Up / MENTAL***

In addition to each event wrap up discussion and assessments, we can provide continued mentorship throughout the hockey season.

Find more details online.

Who better to prepare you for the next level of your game? We look forward to partnering with you this off season. Thank you.

W W W . G D I U S A . U S

# OUR COACHES



**RYAN HONICK /** President, GDI USA

Goaltending Coach USHL Green Bay Gamblers, 6 seasons ECHL, 7 seasons EJHL/USPHL, 2 seasons NAHL, 15 seasons Tier 1 & 2 Goalie Coach, USA Hockey Level 5



**JAY CHRAPALA /** Regional Mgr, GDI Southeast

10 seasons Tier 1 & 2 Goalie Coach, Former D3 & Pro goalie, Strength & Conditioning Coach Launch Sport Performance, USA Hockey Level 5



**JOHNNY RUTLEDGE /** Regional Mgr, GDI Midwest

15 seasons Tier 1 & 2 Goalie Coach, Goalie Dad, USA Hockey Level 4



**SANYA SANDAHL /** Women's Director GDI Midwest

Ass't Coach/Goalie Coach HPHL CYA, 4 seasons MIAC Augsburg College Ass't Coach, 1 season WCHA St. Cloud State Goalie Coach, 14 seasons HS Coach, Cornell U. Grad, former D1 & Pro goalie, USA Hockey Level 4



**TED MONNICH /** Mental Conditioning Coach, GDI USA

Mental Consultant NHL Carolina Hurricanes, ECHL South Carolina Stingrays, over 40 years in goaltending

John Daigneau  
Development Coach at Academy of  
Hockey, former D1 Assistant Coach

Matt Millar  
USHL Goalie Coach

Elliott Hogue  
WHL Scout, NAHL Goalie Coach

Cam MacDonald  
OHL Goalie Coach

And More. . .

WWW.GDIUSA.US



CONTACT:  
RYAN HONICK  
HONICK@GDIUSA.US  
(757) 641 - 9515

PROUD PARTNERS:



**Goalies+Plus**

WWW.GDIUSA.US