



## ABOUT "KORN CAMP"

Back in 1977 Mitch Korn ran his first weekend **Goaltender Program** in Buffalo, NY. In between then and now, Mitch and the staff have developed this unique concept. These camps have now grown into the **best in the country** with 8 different locations offered. Why not attend a program specially designed by position? In fact, it was Mitch's work in goalie camp that helped him land the job as the Sabres Goalie Coach in 1991.

### MITCH KORN...25 years in the NHL

Mitch is in his 2<sup>nd</sup> year with the Washington Capitals as Goaltender Coach, after 16 seasons with the Nashville Predators, and previously 7 years with the Buffalo Sabres. His hard work, superb communication skills, ability to "dissect" a goalie's game, and great sense of humor has gained him the

respect and friendship of those he has coached and worked with at all levels. Fondly referred to as "**Children of the Korn**" (a phrase coined by Caps coach Barry Trotz) these current and former goalies (many of whom are now coaching) have benefited from and helped spread the "goalie gospel according to Mitch". Besides having coached present and former pro goalies Braden Holtby, Philipp Grubauer, Justin Peters, Pekka Rinne, Carter Hutton, Anders Lindback, Chris Mason, Dan Ellis, Marty Biron, Dominik Hasek, Tomas Vokoun, Jeremy Smith, Magnus Hellberg, Marek Mazanec, Scott Darling and Mike McKenna, Mitch has coached and influenced many others who have (in the past) or who are currently coaching professionally. They include: Mike Valley (Dallas), Ben Vanderklok (Nashville), Mike Dunham (Islanders), Wade Flaherty (Winnipeg), Mike Bales (Pittsburgh), Steve Briere (Toronto), Ty Conklin (AHL for St. Louis), and Bob Janosz (AHL for Buffalo). Also, Corey Hirsch (St. Louis), Clint Malarchuk (Calgary), Grant Fuhr (Phoenix), Olaf Kolzig (Washington), Steve McKichan (Toronto), Steve Shields (AHL for Florida) previously coached professionally. **Mitch is on ice for the entire program!**



## THE PROGRAM'S OBJECTIVE

Goaltending is more than just being a blocker. Our program teaches and drills the **physical skills** needed such as the butterfly, half butterflies, power pushes, shuffles, transitions, recovery, stick skills, post play, etc., along with the **mental skills** such as save selections, "reading the play," angles, puck tracking, situational analysis, focus, etc. to become a **complete GOALTENDER**. We provide a "full-day" experience. **A great staff is put together to assist Mitch.**



### MITCH'S PHILOSOPHY

There is no substitute for hard work. Mitch works the goalies hard. But, Mitch also believes in having fun. Humor is a major part of the teaching process. The goalies work together as a "team" all camp long. Mitch runs the ice sessions, and does a significant amount of teaching.

### THE CAMP'S FORMAT

The goalies receive a minimum of 3.75 hrs of ice daily, plus 3+ hours of structured off ice activities. Video is used to help teach and reinforce the skills of the day.

### THE ON ICE PROGRAM

The ice time is divided into 2 sessions. The first is designed to teach and drill the skills needed. The second session consists of "stations" with shooters and lots of pucks to help the goaltender "execute" on the skills taught. **Great training tools such as reaction cones, low & high shot screen boards, an on ice mirror, deflection boards, focus enhancers, glove weights, bungee balls, on ice video, the med ball "goalie stabilizer" and mini and white-pucks will be used.**



## OFF ICE PROGRAM

There are 2 daily off ice sessions which include: video instruction, uniquely developed NHL video to help teach "goalie sense," mental skill development, reading & reacting, how to handle the many game situations, equipment innovations...and more!

### EQUIPMENT NEEDED

Goalies must supply their own, and always wear properly, full, legal equipment. A camp jersey sponsored by **CCM** is provided. Goalies should be able to dress themselves for the ice. Parental help is permissible outside the locker rooms.

### INSURANCE/MEDICAL

**EACH PARTICIPANT MUST POSSESS MEDICAL INSURANCE.** Neither Mitch Korn nor anyone associated with Korn Camp is responsible for any medical or dental insurance. Injuries or illness will be treated at a local hospital. Our insurance form must be printed from our site. A medical and liability release is included on this form. It must be completed and signed by a parent and brought to check-in.

### AGES, STRUCTURE, AND ENROLLMENT

We accept ages 9 – adult, with the goalies grouped in "teams" by age and ability. All ice work is done as an individual, with a partner, or in a "station" of four. What you do is important, not what the goalie does next to you. Enrollment is limited ... first come first served. This is a commuter program. . . no housing is provided. **Ages are as of Dec. 31, 2016.**



### REGISTRATION / CONFIRMATION E-MAIL / CHECK-IN

**\*NEW\*** All registration is now on line. Please see the [back flap](#) for details. Once registered, you will receive an acceptance e-mail explaining how to access the camp final information sheet, and a medical form. **CHECK-IN is SAT., July 23 @ 7:40am. A "full day" follows.**

### COST/DEPOSIT/REFUND POLICY

Cost per goaltender is \$680 (U.S. funds). A non-refundable deposit fee of \$100 is charged and is applied to your tuition. The payment balance is charged on **May 8**. The complete refund and payment procedure is part of the final information sheet. Full payment must accompany any new applications after May 8, should space be available.

### PROGRAM SCHEDULE

|                 |                         |
|-----------------|-------------------------|
| 7:40a           | Check-In on Saturday    |
| 8:30a           | Daily Arrival           |
| 8:35a           | Classroom               |
| 10:15a - 11:45a | On ice training         |
| 11:45a          | Lunch                   |
| 1:00pm          | On ice station training |
| 3:50pm – 5pm    | Off-ice block           |



### KETTLER CAPITALS ICEPLEX

In the Ballston Mall on N. Glebe Rd, Kettler is the practice home of the Washington Capitals. This fantastic facility provides a great environment for teaching and training.



### HOST HOTEL

Right near the rink, at 650 North Quincy Ave, the **RESIDENCE INN** is where we stay. They have a pool, laundry facilities, and free breakfast. Rooms will go quickly. Ask for the **KORN CAMP** rate which is significantly discounted. See the **Camp Final Information Sheet** on our website for more details.

### FOR MORE INFORMATION

Feel free to call Mitch: (513) 226-4332 (cell)

## On-Line Registration / Payment Details

- On-line registration begins **JANUARY 11, 2016**
- all enrollment is now done on-line accessed via [www.mitchkorn.com](http://www.mitchkorn.com) and by clicking the prompt on the left side
- [www.active.com](http://www.active.com) is the service provider
- an on-line application is completed and you will establish a personal account on [www.active.com](http://www.active.com).
- all fees are paid via credit card
- the **deposit paid reserves your spot**. That deposit is credited to the full camp tuition and is **non-refundable and non-transferable**.
- the balance of fees (full tuition less deposit) will be charged to the credit card used to register on **May 8**.
- there is a 5% **“registration fee”** on the full camp tuition to cover credit card and admin. fees and is charged at the time you “pay in full”. This fee is **non-refundable and non-transferable**.
- most credit cards are accepted
- you will receive a **Confirmation E-mail of Acceptance** once you complete registration.
- please print your camp’s **Final Information Sheet** and **Medical Form** from the Confirmation E-mail (on right side) or from [www.mitchkorn.com](http://www.mitchkorn.com) (go to the Camp Forms tab).

**KORN CAMP**  
GOALTENDERS • DEFENSEMEN

Washington Capitals Goaltender Coach

**MITCH KORN**

presents

**the 2016**



# Arlington/DC SPECIALIZED GOALTENDER PROGRAM

**JULY 23 - 26**

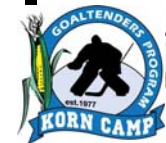
*\*Sat. - Tues.*

*\*Ages 9 - adult*

*\*SOLD OUT in 2015*

*\*Full day program*

**NONE BETTER**



**Kettler Capitals Iceplex**

**627 N. Glebe Rd.**

**Arlington, VA. 22203**

**for more info call Mitch**

**@ (513) 226-4332**

*or check out our website*

[www.mitchkorn.com](http://www.mitchkorn.com)