



# HOW CAN I IMPROVE AFTER THE CAMP SEASON

Tim Loughnane August 25, 2018

# JULY

Who's Camp went well

What did my evaluations look like

What did I learn from observing other campers

Did I work well with another camper

Discuss evaluations with **Mentor!**

# AUGUST

Read Rule and Case Books at least 3 to 4 hours a week

Start Training Program

Start reviewing film (YouTube, Game film from last season, Facebook clips)

# SEPTEMBER

Read Rule and Case Books at least 4 to 5 hours a week

Association Meetings:

Who's Meetings and Why

Mentor Touch Base

Training Program really starts to increase

# OCTOBER

Read Rule and Case Books at least 4 to 5 hours a week

Association Meetings

Attend at least 1 a week

Review Film – There will now be a lot of film on the internet

Start to work some Park District or Junior High Games

# NOVEMBER

Read Rule and Case Books at least 4 to 5 hours a week

Association Meetings wrap-up

Scrimmages – Work with your Mentor

Go to IACO Clinic pick up new gear

Get Ready for the Season!



- QUESTIONS?