



Ringette Review Inc. Camp Information Form Strathmore Camp

Aug 17-21, 2009
Strathmore Arena

BUNNY Group

7 Years or Younger
8am-12pm

NOVICE Group

Ages 8-9
8am-4pm

PETITE Group

Ages 10-11
8am-4pm

**Tween / Junior
Conditioning &
Scrimmage Group**

Ages 12-15
12:00pm-4:00pm

- Protective equipment and sticks are not provided.
- Please check all equipment (helmets, skates sharpened etc.) prior to the first day of camp.
- Daily nutritious bagged lunch, snacks and water bottle are required. Microwave not available.
- Gym clothing, running shoes, swim suit and towel are required daily
- Sunscreen, hat and bug repellent are recommended
- Participants must be picked up promptly at the end of their camp as there will be limited supervision available after camp hours.
- In case of emergency Jody Black can be reached at **403-803-4862** throughout the day.
- Daily schedule to be handed out the first day of camp. The camp hours are 8:00am-4:00pm each day, however please arrive at 7:30 am on Aug 17 for check in.
- Please note the Tween/Jr conditioning camp will include 1.25 hours of ice time that includes 30 minutes of skill development drills followed by a 45 min scrimmage each day.
- **A risk waiver must be filled out and handed in the first day of camp. Athletes without signed waivers will not be able to participate. For those who filled out online waivers at time of registration you do not need to bring one with you the first day.**

*The staff at Ringette Review
looks forward to seeing you in August!*