

REGISTRATION FORM

Name:

Address:

Email:

Phone:

Birthdate (Day/Month/Year):

Emergency contact Name

Emergency Contact Phone #

New Player? YES : NO:

If "No", how many years have you played ringette? _____

Are you a Goalie: YES : NO:

List of any medical conditions including medication and allergies:

REGISTRATION FORM (cont'd)

Select Jersey Size:

Youth Med _____ Youth Large _____

Adult Small _____ Adult Medium _____

Adult Large _____

*Note that Youth Small is VERY small. But can be ordered if you think it is required.

NEW: LATE PICK UP POLICY

I understand that there will be a late pick up fee of \$20 per every 15 minutes late, payable to camp staff upon arrival.

Signature: _____

Timmins Ringette Association



Fun, Fitness and Friendship!

Timmins Ringette School

August 21-25, 2017

McIntyre Arena

**BOTH NEW AND
EXPERIENCED PLAYERS ARE
WELCOME**

Ages 7-15



www.timminsringette.com

OBJECTIVE:

Timmins Ringette School will provide players with opportunities to enhance their skills as well as learn game strategies. Our experienced and enthusiastic coaches strive to provide an educational environment for all aspects of the game, all while having fun.

Emphasis will be placed on:

On Ice:

- Skating
- Shooting & ring handling
- Passing & ring control
- Checking techniques
- Game skills & plays
- Goalie skills for goalies

Indoor & Outdoor Activities:

- Game strategies
- Conditioning: Physical & mental
- Positive self-esteem & attitude
- Maximizing strengths
- Rules of the game
- Team building and communication
- Nutrition
- Pre-game do's and don'ts
- Leadership

Players should bring the following:

- Full ringette equipment
- Clothing that corresponds to the indoor and outdoor climate
- Running shoes
- Peanut free snacks and lunch
- Water Bottle

WHEN:

Monday to Friday
August 21-25, 2017
10 am – 4pm

NEW: There will be a LATE PICK UP FEE of \$20 per 15 minutes.

WHERE:

McIntyre Arena, Timmins, ON

TO REGISTER, please send completed registration form and cheque payable to Timmins Ringette Association to:

Timmins Ringette Assoc.
P.O. Box 2439
Timmins, ON
P4N 8E8

REGISTER EARLY AND SAVE!

Early Bird Price:

\$195 if paid by July 22nd

After July 22nd:

\$250

Cost includes ringette jersey if registration is received by August 5th* !

**After August 5th a jersey is not guaranteed*

Medical Refunds: Cancellations due to medical reasons must be verified in writing by the attending physician. **Registration fee less \$50 will be issued upon receipt of physician verification.** Non-medical refunds will not be permitted

WHO SHOULD ATTEND?

This camp will be beneficial to both new players and experienced players who would like to improve their skills and knowledge of the game. The goal is player development with an emphasis on “Fun, Fitness and Friendship”!

Please let us know if you will be playing goalie next year. **Extra help is available for goalies!**

A typical day varies according to age groups, however typically includes:

- 1 hour of ice time for junior groups (U10)
- 1 ½ hours of ice time for intermediate group (U12)
- 2 hours of ice time for the seniors (12+)
- Indoor activities to enhance communication and teamwork skills
- Outdoor activities to enhance hand/eye coordination and physical fitness
- Dry land training for the intermediate and senior group (Tuesday & Thursday)
- Bathroom, snack and lunch time breaks

**Please note that ONLY after the first ice time, players may be shuffled according to skill level if space permits.*

For more information please contact

Nadia Dagenais
(705)-365-8006

timminsringetteschool@gmail.com

Come Join the Fun!