

# **RINGETTE SUMMER CAMPS**

**August 2010**

**Dow Centennial Centre, Fort Saskatchewan**

Led by Dana Fournier and Heather Weber, and supported by some great young, local ringette talent, Fort Hockey Development is pleased to offer a high quality ringette camp in Fort Saskatchewan.

All on-ice sessions will focus on skill development, while maintaining enjoyment and fun for the game. All instructors share the same passion for learning, and the ability to relate to young players wanting to improve. Off-ice sessions may include circuit training; exercises incorporating balance, agility, coordination, strength, power, and individual and team games. The camps are designed to improve skills and enjoyment for all players to be the best they can be. Please note this is not a learn to skate camp - All players are expected to be able to skate.

Brett Cox and Levi Lypka started Fort Hockey Development to support the growth and enjoyment of all on-ice activities for the youth of Fort Saskatchewan and area. This camp is one of many offered by Fort Hockey Development designed to assist girls and boys to develop their individual skills in an environment that uses the best Fort Saskatchewan has to offer.

**#13 Half-Day Mornings Ringette Camp I (Ages 7 - 9) August 16-20 \$150**

**5 Mornings 8:30-11:30 Includes off-ice activities**

Focus is having fun improving ring skills, agility and power skating, passing/receiving, and goal scoring.

**#14 Half-Day Mornings Ringette Camp II (Age 10 and Older) August 16-20 \$150**

**5 Mornings 8:45-11:45 Includes off-ice activities**

Focus is having fun improving ring skills, agility and power skating, passing/receiving, and goal scoring.

\*Players may be moved to the other group based on skating and skill abilities.

**PLEASE FILL OUT AND SUBMIT THE REGISTRATION FORM**