



Skills, Conditioning & Power Skating Camp

Ringette

August 30 - September 15, 2018

Keith Bodley Arena
Richmond Kings Arena
St. Norbert Arena
Sam Southern Arena

South Winnipeg Sports is once again proud to host the preseason camps for the most popular winter sports in Manitoba – Hockey & Ringette!! This year is the 25th and 21th years for Ringette and Female Hockey respectively and the 9th year for Boys Hockey!

For information relating to the Hockey segment of the camp please refer to the alternate attachment to this email or go to www.southwinnipegsports.ca. The start date for the Ringette segment of the camp will be Thursday, August 30, 2018. The tentative group schedules for Ringette appear on page 2. We will be mainly utilizing the Richmond, St. Norbert and Keith Bodley Arenas in addition to a few city rinks. Over 260 individuals attended last year's preseason camp and we anticipate an even larger number of participants this year.

CAMP PHILOSOPHY...

The philosophy of the camp is based on the development of the skill level of the younger age groups and shifts towards the conditioning aspect of the sports for the older players.

In reference to skill level, when participating in Ringette, you have to not only work on your ring handling attributes but also continually focus on the improvement of your skating skills. We have combined our Skills & Conditioning segment with the Power Skating program for most age groups and have received a great deal of positive feedback for this approach. Once again, this combination is available for the younger age groups (13 & under) in the Ringette program. These groups will have a total of 10 sessions – 5 Skill & Conditioning plus 5 Power Skating. **Please refer to the tentative schedule on page 2 for details.**

OPTIONS!

September is perhaps the busiest month in respect to organizing a child's schedule. In reviewing the camp schedule, your initial reaction is "how will I fit all the ice times around soccer and other school activities"? Well, as always, we will go out of our way in rescheduling missed sessions.

QUALITY INSTRUCTORS

Ringette Madi Langton, Head Instructor for last year's camp, will once again be responsible for the direction all of the Ringette skill sessions. Madi has been involved with the Manitoba Ringette program as a player, coach and instructor for the past 18 years. She not only has played six years at the AA level, competed at the Western and National championships but has also acted as head and assistant coach with the Magic program. With Madi and her staff's experience, the camp will continue to move in a positive direction with a well structured and high tempo program for all age groups.

Power Skating An individual's success in Ringette will depend on her skating skills. It is an area that requires specialized training from a professional instructor. This year Curt and Cliff Ketchen will once again coordinate the Power Skating segments of the Ringette groups. They will be addressing Forward Sprints, Backwards Skating, Agility, Transition, Crosscuts and Edge Control.

GOALTENDERS

Goalies are an integral part of the Ringette camp. The individual instruction will focus on the fundamentals of the position which will involve drills that relate to agility and quickness, playing angles, ring handling, stick work and the incorporation the butterfly technique. The ringette coaching staff will work with the Ringette goalies in a one hour session on September 8. The goalies will also join the skills, conditioning & Power Skating exercises of their respective age group which translates into a minimum of 11 hours of ice time during the camp.

SWITCHING SPORTS?

Each year there is a transition of players from Ringette to Female Hockey or from Female Hockey to Ringette! This is an opportune time to learn the basics about the new sport in which you will be competing. It does not matter whether you are making the switch when you are entering high school or when you are graduating from the R4U level, learning the basics will make your transition that much easier. Once again, if you are interested in attending the Female Hockey segment of the camp go to www.southwinnipegsports.ca

Group Schedules (tentative)

Ringette

U14AA Wild

Wednesday, September 5	7:15 p.m. @ Sam South.
Thursday, September 6	7:00 p.m. @ Richmond
Tuesday, September 11	7:00 p.m. @ Richmond
Thursday, September 13	6:35 p.m. @ Richmond
Friday, September 14	7:15 p.m. @ Keith Bod.

U16AA Wild

Wednesday, September 5	8:30 p.m. @ Sam South.
Thursday, September 6	8:15 p.m. @ Richmond
Tuesday, September 11	8:15 p.m. @ Richmond
Thursday, September 13	7:45 p.m. @ Richmond
Friday, September 14	8:30 p.m. @ Keith Bod.

Group 1 – U16/U19

Thursday, September 6	5:45 p.m. @ Richmond
Saturday, September 8	1:30 p.m. @ Keith Bod.
Sunday, September 9	12:15 p.m. @ Keith Bod.
Tuesday, September 11	5:45 p.m. @ Richmond
Thursday, September 13	8:30 p.m. @ Keith Bod.
Friday, September 14	6:00 p.m. @ Keith Bod.
Saturday, September 15	9:30 a.m. @ Richmond

Group 2 – U14

Thursday, August 30	8:15 p.m. @ Richmond
Monday, September 3	11:00 a.m. @ Richmond
Friday, September 7	8:15 p.m. @ Keith Bod.
Saturday, September 8	12:15 p.m. @ Keith Bod.
Sunday, September 9	11:00 a.m. @ Keith Bod.
Monday, September 10	7:55 p.m. @ Richmond
Tuesday, September 11	8:20 p.m. @ St. Norbert
Friday, September 14	6:35 p.m. @ Richmond
Saturday, September 15	10:45 a.m. @ Richmond
Saturday, September 15	1:15 p.m. @ Richmond

Group 3 – U12

Thursday, August 30	7:00 p.m. @ Richmond
Monday, September 3	9:45 a.m. @ Richmond
Wednesday, September 5	6:00 p.m. @ Sam South.
Friday, September 7	7:00 p.m. @ Keith Bod.
Saturday, September 8	7:10 p.m. @ St. Norbert
Sunday, September 9	9:45 a.m. @ Keith Bod.
Monday, September 10	6:45 p.m. @ Richmond
Tuesday, September 11	6:00 p.m. @ St. Norbert
Thursday, September 13	7:15 p.m. @ Keith Bod.
Friday, September 14	7:45 p.m. @ Richmond

Group 4 – U10

Thursday, August 30	5:45 p.m. @ Richmond
Monday, September 3	8:30 a.m. @ Richmond
Friday, September 7	5:45 p.m. @ Keith Bod.
Saturday, September 8	6:00 p.m. @ St. Norbert
Sunday, September 9	8:30 a.m. @ Keith Bod.
Monday, September 10	5:35 p.m. @ Richmond
Tuesday, September 11	6:00 p.m. @ St. Norbert
Thursday, September 13	6:00 p.m. @ Keith Bod.
Saturday, September 15	12:00 p.m. @ Richmond
Saturday, September 15	2:30 p.m. @ Richmond

Ringette Goalies (U10/U12/U14)

Saturday, September 8	11:00 a.m. @ Keith Bod.
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Registration Fees

Group 1	\$175.00
Groups 2, 3, 4,	\$240.00
Goalies	\$105.00

Camp Reminders

Registration deadline is **August 19, 2018**

The Group Schedules identified are TENTATIVE and are SUBJECT TO CHANGE.

The confirmed schedule will be distributed via email by **August 24, 2018.**

Send completed registration form, signed by parent or guardian, along with your cheque to:

**South Winnipeg Sports
46 Elmvalle Crescent
Winnipeg, MB R3R 2S4**

Or Contact: Murray Harding at: rkcc@mymts.net