

Gloucester-Cumberland Competitive Ringette Camp 2011

Competitive campers and parents:

Thank you for choosing to be part of this competitive Ringette camp. I have outlined some details that I hope you will find helpful in preparing for your daughter's camp experience.

The camp will take place at Barrett Arena on Leitrim Rd, from 8:30 am - 5:30 pm. We will have 3 Groups. Players in **GROUP "1"**-born 1995-1998, should arrive at camp on Monday by **8:30 AM** as they will take the **ice at 9:00 a.m.** for Power Skating. Those in **GROUP "2"**, born 1999-2000 should arrive by **8:15 a.m.** ready to start a **Fitness Session at 8:30a.m.** Finally, **GROUP "3"**, born 2001, will start the earliest, with **Powerskating at 8:05 am**, and so should arrive **by 7:45am**.

This will make for some long days! Please ensure your daughter has sufficient snacks (PEANUT/NUT FREE) and water/juice to replenish.

PLEASE NOTE: GOALIES will have 3 specialties sessions, (Mon, Tues, and Wed) at 7:30 AM. Please arrive in time to be on ice at 7:30am. sharp! The rest of the day will be as per the group schedule.

PLAYERS ARE EXPECTED TO BE READY FOR EACH ACTIVITY, Ice and others, AT THEIR SCHEDULED TIME.

Campers are reminded to bring a packed lunch every day. In the past, Thursday has been a SUBWAY lunch day. Staff has taken a limited order at a cost of \$5 per camper. We will TRY to make this arrangement again this year. More info will come Tuesday evening.

At no time, will Campers be permitted to leave the premises by themselves to get lunch. Campers are reminded to bring lots of juice and water to camp (including a water bottle for both on and off-ice).

In the past, Friday's meant a BBQ and tournament. While there will be a tournament this year, there will NOT be a BBQ so please pack a lunch.

OFF ICE PROGRAM,

The campers will be involved in various sessions such as cardio and strength Fitness, team challenges, and games. Please remind your daughter that proper clothing (i.e. shorts, track pants, t-shirts, running shoes) is required. For the Fitness sessions, players are asked to have a water bottle and proper running shoes.

ON ICE PROGRAM

Dave Mainwood and Vicky Mainwood will be organizing the on-ice portion of the camp. Each camper will receive 3 hours on-ice daily. The mornings will be Power Skating sessions. Friday will be the inter-squad tournament. Hailey Moore, of the Eastern Region AAA team, will be leading the goalie portion of the camp.

Each child will be assigned to a group and a dressing room upon arrival on Monday morning. For the most part, we have tried to group the girls according to age and experience level. Due to the high enrollment this year, it may not be possible to switch groups. While moving may positively impact one player, it may not have the same effect on the group success. One of our objectives is to keep the ice sessions competitive, safe and full of opportunities. The camp staff will make efforts to make any changes required during the first day of camp. With this in mind, we'd appreciate your patience and understanding on the matter of movement.

Please remember to have your daughter's skates sharpened BEFORE arriving at camp as there WILL NOT be skate sharpening facilities on site. Please note that you will not be receiving a phone call regarding the camp so if you have any questions or concerns, please do not hesitate to email me at chagan19@live.ca. We look forward to seeing all the campers bright and early Monday morning!

Sincerely,

Colleen Hagan
Competitive Camp Director