



Skills, Conditioning & Power Skating Camp

Hockey

September 6- September 19, 2021

Richmond Kings Arena

St. Norbert 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 28th and 24th years for Ringette and Female Hockey respectively and the 12th year for Boys Hockey!

Last season over 275 participants took part in the Boys & Female Hockey and Ringette programs and we anticipate a higher number this year! In respect to the Boys & Female Hockey segments, this year it will be based at the Richmond & St. Norbert Arenas. The four boys age groups will encompass 9 – 14 (U10 – U15) years of age and the Female groups will range in age from 8 – 17 years (U9 – U18).

All groups will receive 6 one hour sessions which will involve Skill, Conditioning and Power Skating drills. The tentative group schedules are positioned on page 2 and as you will see the hockey portion of the camp will commence Monday, September 6. We will however be idle on September 4 & 5) which will give the lake dwellers an opportunity to enjoy their last weekend before school starts.

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 Hockey, you have to not only work on your puck handling attributes but also continually focus on the improvement of your skating skills. Therefore, each group will experience Skills, Conditioning and Power Skating drills at each of their six (6) sessions.

QUALITY INSTRUCTORS

Curt and Cliff Ketchen of Ketchen Hockey Schools and their staff will be returning for the 20th consecutive year. The Ketchen staff brings a wealth of knowledge and experience to the camp. Curt has not only instructed at various skill and conditioning camps for the past thirty years but has also coached at the AAA, AA and Community Centre levels.

Power Skating

An individual's success in hockey will depend on their skating skills. It is an area that requires specialized training from a professional instructor. This year Cliff Ketchen will once again coordinate the Power Skating drills for the Hockey groups.

They will be addressing Forward Sprints, Backwards Skating, Agility, Transition, Crosscuts and Edge Control.

GOALTENDERS

Goalies are an integral part of the Hockey camp.

The individual instruction will focus on the fundamentals of the position which will involve drills that relate to agility and quickness, playing angles, puck handling, stick work and the incorporation of the butterfly technique.

Curt and his staff will work with the goalies in a one-hour session on September 12th @ 1:00 p.m. at the Richmond Arena. The goalies will also be involved the skills, conditioning and Power Skating sessions for their appropriate age group. Each goalie will be on the ice for a total of 7 sessions for the nominal fee of \$110.00.

Group Schedules (tentative)

Boys Hockey

Group RK1 – U11 (9-10 years)

Monday, September 6	10:15 a.m. @ Richmond
Wednesday, September 8	5:45 p.m. @ Richmond
Saturday, September 11	11:45 a.m. @ Richmond
Sunday, September 12	2:15 p.m. @ Richmond
Monday, September 13	6:45 p.m. @ St. Norbert
Saturday, September 18	9:15 a.m. @ Richmond

Group RK2 – U11/U13 (10-12 years)

Monday, September 6	11:30 a.m. @ Richmond
Wednesday, September 8	7:00 p.m. @ Richmond
Saturday, September 11	9:15 a.m. @ Richmond
Sunday, September 12	3:30 p.m. @ Richmond
Monday, September 13	5:30 p.m. @ St. Norbert
Saturday, September 18	10:30 a.m. @ Richmond

Group RK3 – U13 (11-12 Years)

Monday, September 6	12:45 p.m. @ Richmond
Wednesday, September 8	5:45 p.m. @ Richmond
Saturday, September 11	10:30 a.m. @ Richmond
Sunday, September 12	4:45 p.m. @ Richmond
Saturday, September 18	11:45 a.m. @ Richmond
Sunday, September 19	10:30 a.m. @ Richmond

Group RK4 – U15 (13-14 Years)

Saturday, September 11	6:00 p.m. @ Richmond
Sunday, September 12	7:15 p.m. @ Richmond
Monday, September 13	8:00 p.m. @ St. Norbert
Friday, September 17	6:45 p.m. @ St. Norbert
Saturday, September 18	3:30 p.m. @ Richmond
Sunday, September 19	2:15 p.m. @ Richmond

Female Hockey

Group 1 – U15/U18 (13-17 Years)

Saturday, September 11	4:45 p.m. @ Richmond
Sunday, September 12	6:00 p.m. @ Richmond
Wednesday, September 15	8:00 p.m. @ St. Norbert
Friday, September 17	8:00 p.m. @ St. Norbert
Saturday, September 18	2:15 p.m. @ Richmond
Sunday, September 19	1:00 p.m. @ Richmond

Group 2 – U13/U15 (11-13 Years)

Monday, September 6	4:30 p.m. @ Richmond
Friday, September 10	8:00 p.m. @ Richmond
Saturday, September 11	3:30 p.m. @ Richmond
Sunday, September 12	11:45 a.m. @ Richmond
Friday, September 17	5:30 p.m. @ St. Norbert
Sunday, September 19	11:45 a.m. @ Richmond

Group 3 – U11 (9 - 10 Years)

Monday, September 6	3:15 p.m. @ Richmond
Friday, September 10	6:45 p.m. @ Richmond
Saturday, September 11	2:15 p.m. @ Richmond
Sunday, September 12	10:30 a.m. @ Richmond
Wednesday, September 15	5:30 p.m. @ St. Norbert
Saturday, September 18	1:00 p.m. @ Richmond

Group 4 – U9/U11 (8 - 9 Years)

Monday, September 6	2:00 p.m. @ Richmond
Friday, September 10	5:30 p.m. @ Richmond
Saturday, September 11	1:00 p.m. @ Richmond
Sunday, September 12	9:15 a.m. @ Richmond
Wednesday, September 15	6:45 p.m. @ St. Norbert
Sunday, September 19	9:15 a.m. @ Richmond

Goalies (Male/Female)

Sunday, September 12 1:00 p.m. @ Richmond

Registration Fees

Boys Hockey Groups RK1, RK2, RK3, RK4	\$170.00
Female Hockey Groups 1, 2, 3, 4	\$170.00
Goalies	\$110.00

Camp Reminders

- Registration deadline is **August 21, 2021**
- The Group Schedules identified are TENTATIVE and are SUBJECT TO CHANGE.
- The confirmed schedule will be distributed via email by **August 31, 2021**.

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

email form and e-transfer payment to:

Murray Harding at: rkcc@mymts.net

For more information,

contact: Murray Harding at: rkcc@mymts.net

or go to: www.southwinnipegsports.ca