



Skills, Conditioning & Power Skating Camp

Ringette

September 7 - September 16, 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!

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 Tuesday, September 7th. The tentative group schedules for Ringette appear on page 2. We will once again be staged at both the Richmond, St. Norbert Arenas. Over 250 individuals attended last year's preseason camps 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 (U14 & under) in the Ringette program. All groups will have a total of 6 sessions of combined Skill & Conditioning and Power Skating drills.

Please refer to the tentative schedule on page 2 for details.

QUALITY INSTRUCTORS

Ringette Sydney Langton, will once again be responsible for the duties of the Head Instructor. Sydney will be responsible for the direction all of the Ringette sessions. This year, Sydney will incorporate multiple Power Skating drills each time a group takes to the ice. Sydney 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 Sydney 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. Once again, we have modified the six sessions for the U14 and younger age groups to include not only the Skills and Conditioning but Power Skating drills as well. The Power Skating drills 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 U12, U14 and U16 Ringette goalies throughout the camp. The goalies will also join the skills, conditioning & Power Skating exercises of their respective age group.

Group Schedules (tentative)

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 to reschedule missed sessions. With the groups involved there are many options that can be considered!

Ringette

Group 1 – U16/U19

Tuesday, September 7	8:15 p.m. @ Richmond
Thursday, September 9	8:15 p.m. @ Richmond
Saturday, September 11	3:00 p.m. @ St. Norbert
Sunday, September 12	3:00 p.m. @ St. Norbert
Wednesday, September 15	7:45 p.m. @ Richmond
Thursday, September 16	7:45 p.m. @ Richmond

Group 2 – U14

Tuesday, September 7	7:00 p.m. @ Richmond
Thursday, September 9	5:45 p.m. @ Richmond
Saturday, September 11	4:15 p.m. @ St. Norbert
Sunday, September 12	5:30 p.m. @ St. Norbert
Tuesday, September 14	8:00 p.m. @ St. Norbert
Wednesday, September 15	6:30 p.m. @ Richmond

Group 3 – U12

Tuesday, September 7	5:45 p.m. @ Richmond
Thursday, September 9	7:00 p.m. @ Richmond
Saturday, September 11	5:30 p.m. @ St. Norbert
Sunday, September 12	4:15 p.m. @ St. Norbert
Tuesday, September 14	6:45 p.m. @ St. Norbert
Thursday, September 16	6:30 p.m. @ Richmond

Registration Fees

All Groups 1, 2, 3\$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