

Quesnel Ringette Association 5th Annual Icebreaker Ringette Summer Camp Aug 31-Sept 4, 2009

Full Day Camp: Ages 7 to 18

**Planned Program Lead by Expert Staff
Minimum 2 Hours On-Ice Each Day
Player Development & Conditioning
Fun Activities
Limited Group Sizes & Safe Environment**



Improve your Ringette skills, have fun, meet new friends and get into shape for the upcoming season!

For More Camp Info:

Camp Contact: Lars Nordal 250-747-2239

E-mail: treasurer@quesnelringette.info

Visit our web site www.quesnelringette.info

The Program

The QRA Ringette Camp is a full day / 5 day development camp for individuals between the ages of 7-18 who are passionate about Ringette and are serious about improving their skills. Participants will be grouped according to age and ability.

QRA Camp Philosophy

Our goal is to provide your child with the highest caliber of instruction available. We limit the size of each age group to guarantee an optimal student/instructor ratio (we target no more than 6:1 for on ice instruction). Our priority is to ensure that all participants, regardless of ability, skate away from our camp with increased confidence in their skills and a greater understanding and passion for this wonderful sport.

Overview of Typical Day

Each day is broken into 4 sessions:

- 1.) Ice: i.e. power skating
- 2.) Player Development: i.e. team building
- 3.) Off-Ice Conditioning: i.e. dry land training
- 4.) Ice: i.e. ring skills and game play

All on-ice *and* off-ice sessions are lead by trained professionals. All off-ice activities will take place within walking distance of Twin Rinks and all groups will be supervised during the transition.

Draft Schedule: go to www.quesnelringette.info

Equipment Required

Ringette equipment is required for on-ice sessions. Running shoes, t-shirt & shorts for off-ice activities.

What a great way to end summer and prepare for the next Ringette season!
Come Join Us and Bring a Friend!

2008 Camp Feedback

- we had a record 65 participants, with 13 coming from Houston and Prince George
- participants and parents rated the overall camp experience at 8.9 out of a possible 10.

Participant Comments:

- “It was great and can’t wait to come back next year.” KB
- “Fun and good. Got me back in shape, which I like.” NL
- “It was awesome! I learned stuff I never knew before; and now I’m really good at it!”

Instructors

Due to the positive feedback we received from participants we are pleased to welcome back our lead instructors from 2007 & 2008:

• Dallas Robbins

- ★ Attended Nationals 7 times & received 2 silver medals and 2 bronze medals
- ★ 2003 captain for Team BC at Canada Winter Games
- ★ Plays Ringette in Calgary on team Rath

• Devrey Robbins

- ★ Attended Nationals 2 times and received a silver and a bronze medal
- ★ Instructed and organized a variety of Ringette camps since 1999

Masters Evening Session

- Dates: Mon Aug 31 to Thurs Sept 3
- Time: 8:00 PM to 9:30 PM
- Content will be confirmed with instructors with input from participants
- Minimum registration required to hold the session is 10 participants
- Cost: \$95.00 flat rate (note: no early registration discount or t-shirt)
- Please complete top part of registration form and mail to QRA with payment.

Participant Information

Name _____

Parent/Guardian _____

Address _____

City _____ Prov _____ PC _____

E-Mail _____

Home Phone (_____) _____

Age _____ Birth Date _____

BC Health Card Number _____

Medical Conditions _____

Emergency Contact _____

Emergency Phone _____

Did you play Ringette in BC last year? Yes No

Note: all participants must be registered with BCRA to be able to participate. Please contact us if you have any questions.

Level & Position Last Played -please circle

Bunny Novice Petite Tween Junior Belle

A B C

Centre Forward Defense Goalie

Camp Groupings

We will have three groups at Camp. The age range of each group will depend on the registrations received.

T-shirt Size – please circle

Youth Size: Small Medium Large

Adult Size: X-Small Small Medium Large X-Large

**For more information on the camp:
www.quesnelringette.info**

RELEASE OF LIABILITY AND WAIVER OF CLAIMS - PLEASE READ CAREFULLY

I AM AWARE THAT the playing of RINGETTE involves many risks, dangers and hazards and I FREELY ACCEPT AND FULLY ASSUME all such risks, dangers and hazards and the possibility of personal injury or loss resulting therefrom and IN

CONSIDERATION of the British Columbia Ringette Association and the QUESNEL RINGETTE ASSOCIATION ("the Associations") accepting the herein registration for participation in the CAMP upon payment of the registration fee, the undersigned hereby agrees to RELEASE, WAIVE AND FOREVER DISCHARGE, and by this agreement does hereby RELEASE, WAIVE AND FOREVER DISCHARGE the Associations, THEIR RESPECTIVE officers, directors, members, agents, officials, servants and representatives, (the "Releases") from and against all claims, actions, causes of actions, damages, costs, expenses and demands, however caused arising out of, relating to or in any way connected with any activity of the Associations, including but not limited to, the playing of RINGETTE, whether on or off the ice, or whether caused by negligence of the Releases, and it is hereby understood and agreed that this RELEASE AND DISCHARGE is binding on the undersigned, the applicant child, parent(s) or guardians(s), heirs, executors and assigns.

I ALSO AGREE TO HAVE A TEAM PICTURE POSTED ON THE ASSOCIATIONS WEBSITE. I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.

Parent/Guardian Signature

Date



Rates & Schedule

2009 Ringette Camp Fee is \$220.00

Early Registration Discount: \$20.00 discount will apply to registration and payment received before May 1, 2009.

Family Discount: \$10.00 discount per family member (2 or more, Masters included).

- Full payment must be made before August 14, 2009.
- Full Camp fee will qualify for Children's Tax Credit.

Reserve Your Spot at Camp Now!

Due to the popularity of our 2008 Camp, we are expecting our groups to fill up quickly for the 2009 Camp.

Deposit: \$50.00 (non-refundable)

Complete the registration form and enclose your cheque for \$50.00 and we will reserve your spot (space permitting when we receive your registration). The remainder of your payment is due May 1st (to save \$20 early registration discount) or August 14th.

Camp Schedule: will be provided to all participants two weeks prior to camp start.

To review the 2009 draft schedule please visit our web site: www.quesnelringette.info

Please read Frequently Asked Questions (FAQ) document on our web site for more details.

How to Register

Mail completed application and cheque to:

Quesnel Ringette Association

Ringette Summer Camp

PO Box 4502

Quesnel, BC V2J 3J4

Additional Notes

1. Applications are processed on a first come, first served basis.
2. All participants must sign the release form as part of their registration.
3. Cheque payable to: Quesnel Ringette Association
4. Confirmation will be by E-mail or phone.

Questions

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