




2010 Fall Camps

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| Camp One: | Bunny Basics |
| Camp Two: | Novice Combined Camp |
| Camp Three: | Petite/Tween/Junior – Conditioning Boot Camp |
| Camp Four: | Belle – Play into Shape |
| Camp Five: |  New Goaltender Basics (limited registration) |

**** Jerseys included for all camps ****

**** Maximum 28 skaters per camp ****

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|------------------|---------------------|-----------------|
| Camp One: | Bunny Basics | \$100.00 |
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|-----------|-----------------|----------|
| Tuesday | September 7/10 | 6:00 pm |
| Saturday | September 11/10 | 1:00 pm |
| Sunday | September 12/10 | 10:40 am |
| Tuesday | September 14/10 | 5:10 pm |
| Wednesday | September 15/10 | 6:00 pm |

- Instruction on basic ringette skills – passing, receiving, offensive & defensive positioning, game play basics
- New Novice (U10) players are welcome to register
- Full ice may not be used
- 5 sessions

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|------------------|-----------------------------------|-----------------|
| Camp Two: | Novice (U10) Combined Camp | \$125.00 |
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|-----------|-----------------|---------|
| Monday | September 6/10 | 4:50 pm |
| Wednesday | September 8/10 | 5:10 pm |
| Friday | September 10/10 | 6:00 pm |
| Sunday | September 12/10 | 8:20 am |
| Monday | September 13/10 | 5:10 pm |
| Wednesday | September 15/10 | 7:10 pm |
| Friday | September 17/10 | 6:20 pm |

- Skills, drills and conditioning
- Targeted to the “experienced” player
- 7 sessions



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| Camp Three: | Conditioning Boot Camp (Petite / Tween / Junior) | \$125.00 |
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Petite (U12):

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| Monday | Sept. 6/10 | 6:00 pm |
| Wednesday | Sept. 8/10 | 6:20 pm |
| Friday | Sept. 10/10 | 4:50 pm |
| Saturday | Sept. 11/10 | 4:30 pm |
| Monday | Sept. 13/10 | 6:20 pm |
| Tuesday | Sept. 14/10 | 6:20 pm |
| Friday | Sept. 17/10 | 5:10 pm |

Tween (U14):

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|-----------|-------------|----------|
| Monday | Sept. 6/10 | 7:10 pm |
| Tuesday | Sept. 7/10 | 7:10 pm |
| Thursday | Sept. 9/10 | 6:00 pm |
| Friday | Sept. 10/10 | 7:10 pm |
| Sunday | Sept. 12/10 | 11:50 am |
| Monday | Sept. 13/10 | 7:30 pm |
| Wednesday | Sept. 15/10 | 6:20 pm |

Junior (U16):

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|-----------|-------------|---------|
| Monday | Sept. 6/10 | 8:20 pm |
| Wednesday | Sept. 8/10 | 7:30 pm |
| Friday | Sept. 10/10 | 8:20 pm |
| Saturday | Sept. 11/10 | 2:10 pm |
| Monday | Sept. 13/10 | 6:00 pm |
| Tuesday | Sept. 14/10 | 7:30 pm |
| Friday | Sept. 17/10 | 7:30 pm |

- Fast paced, targeted drills
- Structured conditioning
- Prepare for 'A' tryouts
- 7 sessions



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| Camp Four: | Belle (U19) - Play Into Shape | \$65.00 |
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|----------|-----------------|---------|
| Tuesday | September 7/10 | 7:30 pm |
| Thursday | September 9/10 | 7:10 pm |
| Monday | September 13/10 | 8:40 pm |
| Tuesday | September 14/10 | 8:40 pm |
| Friday | September 17/10 | 8:40 pm |

- Conditioning through fast-paced scrimmages
- Have fun & get ready for Belle tryouts
- 5 sessions

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| Camp Five: | New Goaltender Basics | \$50.00 |
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LIMITED SPOTS AVAILABLE

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|----------|-----------------|--|
| Saturday | September 11/10 | 11:50 am – 12:50 - on-ice 1:20 pm – 2:50 pm - classroom/dryland 3:20 pm – 4:20 pm - on-ice |
| Sunday | September 12/10 | 9:30 am – 10:30 am - on-ice 11:00 am – 12:30 pm – classroom/dryland 1:00 pm – 2:00 pm - on-ice |

- Geared to the Novice & Petite levels; new Tween goaltenders are welcome
- Designed for new or nearly new goaltenders, or those that think they may like to try the position this year
- Learn the basics - stance, movement, positioning, angles, ring toss
- Shorts/track pants and runners required for dryland training
- Led by Manitoba Ringette Assoc. certified instructor
- Dakota goaltenders will be given preference as spots will be limited

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Fall camps

REGISTRATION FORM

Participant's Name: _____

Date of Birth: _____ 2009/10 Loop: _____ Club: _____

MB Medical #: _____ PIN: _____

Parent/Guardian's Name: _____

Address: _____

Phone: _____ Cell: _____

E-mail: _____

Please indicate the camp you are registering for:

Camp One: _____ (\$100.00) Camp Four: _____ (\$65.00)

Camp Two: _____ (\$125.00) Camp Five: _____ (\$50.00)

Camp Three: _____ (\$125.00)

Method of Payment: Cash _____ Cheque _____ Mastercard/Visa _____

Card Number: _____ Expiry Date: _____

Note: *Please make cheques payable to Dakota Community Center. Your registration will be confirmed via e-mail once received. The full payment **MUST** be included with the registration to ensure a spot. Please ensure to register participants in their appropriate age group. Thanks!*

Send registration forms, with payment to:

Derek Campbell
50 Brabant Cove
Winnipeg, MB R2N 4R2
derek_campbell@shaw.ca