

# RINGETTE SKILLS & CONDITIONING CAMP



**5 one hour sessions**  
with instruction from the  
**National Ringette League**  
**Prairie Fire Team**

Sign up before Aug 22 \$70  
After August 22 \$80.

Limited space  
(maximum 7 to 1  
player/instructor ratio)

**All sessions @ Oakbank Arena**

**U9 & BEGINNERS (ages 4-8, 2002 and younger)**

Saturday Sept. 25 @ 9:00 am  
Monday Sept. 27 @ 5:15 pm  
Wednesday Sept. 29 @ 5:15 pm  
Friday Oct. 1 @ 5:15 pm  
Sunday Oct. 3 @ 10:15 am

**U10 & U12 (ages 8-11, 1999-2002)**

Saturday Sept. 25 @ 10:15 am  
Monday Sept. 27 @ 6:30 pm  
Wednesday Sept. 29 @ 6:30 pm  
Friday Oct. 1 @ 6:30 pm  
Sunday Oct. 3 @ 11:30 am

**U14 & U16 (ages 12 - 15, 1998-1995)**

Saturday Sept. 25 @ 11:30 am  
Monday Sept. 27 @ 7:45 pm  
Wednesday Sept. 29 @ 7:45 pm  
Friday Oct. 1 @ 7:45 pm  
Sunday Oct. 3 @ 12:45 pm

**For more info contact  
Monique Gruninger  
Phone: 795-0377**

\*Ice times subject to change

## RINGETTE CAMP REGISTRATION FORM — early-bird \$70, after Aug 22 \$80

Please print

Name \_\_\_\_\_ Can player skate? YES NO (circle)

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Home Club \_\_\_\_\_ Birthdate (Y/M/D) \_\_\_\_\_

Please check the appropriate box  
Must register at current age group

- U9 & beginners (4 to 8 yrs)
- U10 (8 & 9 yrs)
- U12 (10 & 11 yrs)
- U14 (12 & 13 yrs)
- U16 (14 & 15 yrs)

Mail Registration form and cheque payable to:  
**Springfield Ringette Association**  
c/o M. Gruninger 48 Bret Bay, Oakbank, MB R0E 1J1

Registration Form and Payment must be received to ensure a spot!  
Refunds will only be honored if the request is accompanied by a Doctor's Certificate (subject to 25% administration fee)