

RINGETTE AND Female HOCKEY



Skills, Conditioning & Power Skating Camp

August 30 - September 20, 2010

**Keith Bodley Arena
Richmond Kings Arena
Varsity View Sportplex**



South Winnipeg Ringette/ Female Hockey Skills, Power Skating and Conditioning Camp

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 17th and 13th years for Ringette and Female Hockey respectively and the 1st year for Boys Hockey! Once again, the late Labor Day long-weekend has played havoc with the scheduling process but we have determined that it is a priority to maintain the quality and content of the camp. We have therefore decided to open up the Ringette and Female Hockey programs prior to September 6th. The tentative group schedules appear on page 2 and as you will see the overall camp commences on Monday, August 30th. We will however be idle on September 4th & 5th which will give the lake dwellers an opportunity to enjoy their last weekend before school starts. We will be utilizing the Richmond and Keith Bodley Arenas and the Varsity View Sportsplex. Over 350 individuals attended the last year's preseason camp 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 either Hockey or Ringette, you have to not only work on your puck/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 (13 & under) in both the Ringette and Hockey programs. These groups will have a total of 10 sessions – 5 Skill & Conditioning + 5 Power Skating. Please refer to the tentative schedule on the reverse side of the brochure for details.

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 in rescheduling missed sessions. With 18 groups involved there are many options that can be considered!

QUALITY INSTRUCTORS...

Ringette

Michelle Madziak and her staff will be returning for a 6th year and will be presenting a well structured and high tempo program for all age groups. Joining Michelle will be Lindsay Burns, Meredith Warner, Meghan Kurz, Jessica Simpson and goaltending instructor Amy Clarkson. These individuals possess a wealth of Ringette coaching and playing experience having not only coached at various levels but have competed at the National championships in the Junior, Belle and Open levels. They will be responsible for the Ringette Skills & Conditioning portion of the agenda.

Female Hockey

Head instructor, Curt Ketchen of Ketchen Hockey Schools will be joining us for the 12th consecutive year. Curt and his staff bring a wealth of knowledge and experience to the camp. Curt has not only instructed at various skill and conditioning camps for the past twenty-eight years but has also coached at the AAA, AA and Community Centre levels. For the past nine years, Curt has been coordinating

the on and off ice activities of the renowned Starbuck Hockey Academy at the Starbuck Middle School.

Power Skating

An individual's success in either Ringette or Hockey will depend on her skating skills. It is an area that requires specialized training from a professional instructor. This year Curt Ketchen will once again coordinate the Power Skating segments of the Ringette and Hockey groups. He will be addressing Forward Sprints, Backwards Skating, Agility, Transition, Crosscuts and Edge Control.

GOALTENDERS...

Goalies are an integral part of the Ringette and Hockey camps. The individual instruction will focus on the fundamentals of the position which will involve drills that relate to agility and quickness, playing angles, ring/puck handling, stick work and the incorporation the butterfly technique.

Ringette - Amy Clarkson and the ringette coaching staff will work with the Ringette goalies in two (2) one hour sessions with the Novice & 1st year Petite goalies and the 2nd year Petite and Tween goalies. The goalies will also join the skills & conditioning exercises of their respective age group which translates into a total of 7 hours of ice time during the camp.

Female Hockey - Curt has incorporated the drills identified above into the skills and conditioning sessions of each group. Goalies will be on the ice for a total of 10 hours in the groups aged 13 & under and 8 hours in the Female Bantam/Midget age group.

Camp Reminders

- Registration deadline is Sunday August 1, 2010
- The Group Schedules identified are TENTATIVE and are SUBJECT TO CHANGE. The confirmed schedule will be distributed via email by August 25, 2010.

For more information contact: MURRAY HARDING at 269-1908 or 895-7064

Group Schedules (tentative)

Red – Power skating sessions Blue – Skills & Conditioning sessions

Ringette

Group 1 – Junior/Belle (14-18 Years)

Thursday, September 2	8:20 p.m. @ Richmond
Wednesday, September 8	8:05 p.m. @ Richmond
Friday, September 10	8:20 p.m. @ Varsity V.
Sunday, September 12	1:15 p.m. @ Richmond.
Thursday, September 16	8:05 p.m. @ Richmond
Saturday, September 18	3:40 p.m. @ Varsity V.
Sunday, September 19	1:15 p.m. @ Richmond

Group 3 – Tween/Junior (13-14 Years)

Thursday, September 2	6:00 p.m. @ Richmond
Wednesday, September 8	6:55 p.m. @ Richmond
Friday, September 10	6:00 p.m. @ Varsity V.
Sunday, September 12	9:30 a.m. @ Richmond
Thursday, September 16	5:45 p.m. @ Richmond
Saturday, September 18	12:00 p.m. @ Richmond
Sunday, September 19	12:00 p.m. @ Richmond

Group 4 – Tween (12-13 Years)

Wednesday, September 1	7:10 p.m. @ Richmond
Monday, September 6	5:15 p.m. @ Richmond
Wednesday, September 8	8:30 p.m. @ Keith Bod.
Thursday, September 9	6:55 p.m. @ Richmond
Saturday, September 11	4:00 p.m. @ Varsity V.
Monday, September 13	8:20 p.m. @ Varsity V.,
Thursday, September 16	8:30 p.m. @ Keith Bod.
Friday, September 17	8:30 p.m. @ Keith Bod.
Saturday, September 18	4:50 p.m. @ Varsity V.
Monday, September 20	8:05 p.m. @ Richmond

Group 5 – Petite Advanced (10-11 Years)

Wednesday, September 1	6:00 p.m. @ Richmond
Tuesday, September 7	6:55 p.m. @ Richmond
Thursday, September 9	6:00 p.m. @ Keith Bod.
Saturday, September 11	9:30 a.m. @ Richmond
Sunday, September 12	12:00 p.m. @ Keith Bod.
Monday, September 13	7:10 p.m. @ Varsity V.
Wednesday, September 15	6:00 p.m. @ Varsity V.
Saturday, September 18	10:45 a.m. @ Richmond
Sunday, September 19	10:45 a.m. @ Richmond
Sunday, September 19	4:00 p.m. @ Varsity V.

Group 6 – Petite (10-11 Years)

Wednesday, September 1	4:50 p.m. @ Richmond
Monday, September 6	2:45 p.m. @ Richmond
Tuesday, September 7	5:45 p.m. @ Richmond
Thursday, September 9	7:15 p.m. @ Keith Bod.
Saturday, September 11	8:15 a.m. @ Richmond
Sunday, September 12	2:30 p.m. @ Keith Bod.
Tuesday, September 14	7:15 p.m. @ Keith Bod.
Friday, September 17	7:15 p.m. @ Keith Bod.
Saturday, September 18	9:30 a.m. @ Richmond
Sunday, September 19	2:30 p.m. @ Keith Bod.

Group 7 – Novice Advanced (8-9 Years)

Tuesday, August 31	7:10 p.m. @ Richmond
Thursday, September 2	4:50 p.m. @ Richmond
Monday, September 6	4:00 p.m. @ Richmond
Wednesday, September 8	5:45 p.m. @ Richmond
Saturday, September 11	2:30 p.m. @ Keith Bod.
Sunday, September 12	3:45 p.m. @ Keith Bod.
Tuesday, September 14	5:45 p.m. @ Richmond
Saturday, September 18	8:15 a.m. @ Richmond
Sunday, September 19	10:45 a.m. @ Keith Bod.
Sunday, September 19	5:10 p.m. @ Varsity V.

Group 8 – Novice (8-9 Years)

Tuesday, August 31	6:00 p.m. @ Richmond
Monday, September 6	1:30 p.m. @ Richmond
Wednesday, September 8	6:00 p.m. @ Keith Bod.
Sunday, September 12	8:15 a.m. @ Richmond
Sunday, September 12	1:15 p.m. @ Keith Bod.
Tuesday, September 14	6:00 p.m. @ Keith Bod.
Saturday, September 18	9:30 a.m. @ Keith Bod.
Sunday, September 19	9:30 a.m. @ Richmond
Sunday, September 19	5:00 p.m. @ Keith Bod.
Monday, September 20	5:45 p.m. @ Richmond

Group 9 – Novice (8-9 Years)

Tuesday, August 31	4:50 p.m. @ Richmond
Monday, September 6	12:15 p.m. @ Richmond
Thursday, September 9	5:45 p.m. @ Richmond
Saturday, September 11	3:45 p.m. @ Keith Bod.
Monday, September 13	6:00 p.m. @ Varsity V.

Friday, September 17	6:00 p.m. @ Keith Bod.
Saturday, September 18	3:45 p.m. @ Keith Bod.
Sunday, September 19	8:15 a.m. @ Richmond
Sunday, September 19	3:45 p.m. @ Keith Bod.
Monday, September 20	6:55 p.m. @ Richmond

Group 8 – Bunnies (5-7 Years)

Saturday, September 11	1:15 p.m. @ Richmond
Sunday, September 12	2:50 p.m. @ Varsity V.
Saturday, September 18	1:15 p.m. @ Richmond
Sunday, September 20	2:50 p.m. @ Varsity V.

Ringette Goalies With Amy Clarkson!

Saturday, September 11	10:45 a.m. @ Richmond *
Saturday, September 11	12:00 p.m. @ Richmond**
Sunday, September 12	10:45 a.m. @ Richmond *
Sunday, September 12	12:00 p.m. @ Richmond**

*Novice & 1st Year Petite/**2nd Year Petite & Tween

Female Hockey

Group 1 – Bantam/Midget (14-17 Years)

Monday, September 6	7:45 p.m. @ Richmond
Wednesday, September 8	8:30 p.m. @ Varsity V.
Saturday, September 11	1:40 p.m. @ Varsity V.
Sunday, September 12	7:30 p.m. @ Keith Bod.
Wednesday, September 15	8:30 p.m. @ Keith Bod.
Friday, September 17	6:00 p.m. @ Varsity V.
Saturday, September 18	12:10 p.m. @ Varsity V.
Sunday, September 19	7:30 p.m. @ Keith Bod.

Group 2 – Peewee/Bantam (12-13 Years) (East)

Monday, August 30	8:20 p.m. @ Richmond
Wednesday, September 1	8:20 p.m. @ Richmond
Monday, September 6	6:30 p.m. @ Richmond
Thursday, September 9	8:30 p.m. @ Keith Bod.
Saturday, September 11	12:30 p.m. @ Varsity V.
Monday, September 13	8:30 p.m. @ Keith Bod.
Wednesday, September 15	8:20 p.m. @ Varsity V.
Saturday, September 18	2:30 p.m. @ Keith Bod.
Sunday, September 19	9:30 a.m. @ Keith Bod.
Sunday, September 19	1:40 p.m. @ Varsity V.

Group 3 – Peewee/Bantam (12-13 Years) (West)

Monday, August 30	7:10 p.m. @ Richmond
Monday, September 6	11:00 a.m. @ Richmond
Tuesday, September 7	8:30 p.m. @ Keith Bod.
Friday, September 10	8:30 p.m. @ Keith Bod.
Saturday, September 11	6:15 p.m. @ Keith Bod.
Monday, September 13	7:15 p.m. @ Keith Bod.
Wednesday, September 15	7:10 p.m. @ Varsity V.
Friday, September 17	8:20 p.m. @ Varsity V.
Saturday, September 18	1:15 p.m. @ Keith Bod.
Sunday, September 19	12:00 p.m. @ Keith Bod.

Group 4 – Atom/Peewee (10-11 Years)

Monday, August 30	6:00 p.m. @ Richmond
Monday, September 6	9:45 a.m. @ Richmond
Wednesday, September 8	7:15 p.m. @ Varsity V.
Saturday, September 11	1:15 p.m. @ Keith Bod.
Sunday, September 12	12:30 p.m. @ Varsity V.
Tuesday, September 14	8:05 p.m. @ Richmond
Thursday, September 16	7:15 p.m. @ Keith Bod.
Saturday, September 18	1:20 p.m. @ Varsity V.
Sunday, September 19	8:15 a.m. @ Keith Bod.
Sunday, September 19	12:30 p.m. @ Varsity V.

Group 5 – Novice/Atom (8-9 Years)

Monday, August 30	4:50 p.m. @ Richmond
Monday, September 6	8:30 a.m. @ Richmond
Wednesday, September 8	6:00 p.m. @ Varsity V.
Saturday, September 11	12:00 p.m. @ Keith Bod.
Sunday, September 12	1:40 p.m. @ Varsity V.
Tuesday, September 14	6:55 p.m. @ Richmond
Friday, September 17	7:10 p.m. @ Varsity V.
Saturday, September 18	10:45 a.m. @ Keith Bod.
Saturday, September 18	2:30 p.m. @ Varsity V.
Sunday, September 19	1:15 p.m. @ Keith Bod.

Registration Fees

Ringette		Female Hockey	
Groups 1 & 3	\$ 142.00	Group 1	\$ 162.00
Groups 4 – 9	\$ 199.00	Groups 2–5	\$ 199.00
Bunnies	\$ 70.00	Goalies	\$ 90.00

For more information contact: MURRAY HARDING at 269-1908 or 895-7064 - e-mail: mharding5@shaw.ca or go to www.southwpgsports.ca