



Zone 5 AA Ringette Club
<http://www.zone5aaringette.com>

Ph: (780) 418-1551
11 Escada Close
St. Albert, AB
T8N 6X5

You are invited to the 3rd annual Zone 5 AA Ringette summer training camp. This year the club will be running its summer training with 2 camps. Targeting players who will be entering their 2nd year of year Petite to their last year of Belle.

What is it?

1. 20 ice sessions once per week throughout the summer. Camps will run on Wed nights through the summer, with the exception of June, when the camp will be running on Monday nights. Arenas are throughout the Edmonton Area.
2. Coaches are your AA coaches from past, present and future seasons. All are AA certified and committed to excellence. Guest coaches and premier players will also be on ice to aid athletes. Goalie coaches will also ensure that net minders are well looked after.
3. Athletes will be grouped into 2 groups based on age and skill level. One for the younger players, one for the older players. Petite and Tween players will participate in the first session, Junior and Belle players, the second session.
4. Each session will be limited to 35 skaters and 6 goalies.
5. Sessions will concentrate on
 - a. Skating – Agility, acceleration, and speed. We will ensure that ringette stays the fastest game on ice!
 - b. Ring skills – Passing, receiving, shooting. Learn to be lethal in all aspects of your game.
 - c. Defensive skills – channeling, checking, and positioning. Ensure that no one is able to get to your net.
 - d. Team skills – Positions and strategies for each position. Dominate the ice with your skill. Control the game with your intelligence.

Why?

1. Athletes need a maintenance program during the off season to keep their skills sharp, and improving for the upcoming season. Competition for AA teams is fierce and any edge an athlete can achieve before tryouts is a must!
2. Athletes need to stay in touch with all of the friends they made the previous season.

Cost?

1. The cost of the camp is \$325 per player for 20 ice sessions. That works out to only \$12.25 per session! Plus a Zone 5 practice jersey for each player to keep. Goalies are only \$75!
2. Because the camp is designed to for excellence and to maximize each athletes performance at tryouts, each participant has also prepayed their 2008-09 Zone 5 AA club tryout fee of \$60. Simply by registering in the camp.



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Last year the camp filled up in 5 days! Don't delay. Applications are approved on a first come, first served basis. Please fill in the attached form and include a cheque of \$325 payable to the Zone 5 AA Ringette club. Note that this includes your 2008-2009 tryout fees! You are already registered and paid for tryouts, simply by attending.

Applications will be accepted from Zone 5 AA members only until Feb 22. After that registration is open to all players.

For more information please contact Bob Bryenton at president@zone5aaringette.com or phone 780-418-1551.

Refund Policy. Refunds of the camp portion of the fee, \$265 are fully refundable up to March 15th. Once the camp starts the \$60 portion of the fee, the tryout registration, is non-refundable.



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Summer Training Camp Application

Player

Name: _____

Address: _____

City: _____ Prov: _____

Postal Code: _____

Daytime Phone: _____ Evening _____

Email: _____

Date of Brith: _____

Association and Level last played: _____

Association and Level trying out for 2008/2009: _____

Position: _____

Parent or Guardian

Name: _____

Address: _____

City: _____ Prov: _____

Postal Code: _____

Daytime Phone: _____ Evening _____

Mobile Phone: _____

Email: _____

Please enclose a cheque made payable to "Zone 5 AA Ringette Club"

1. For \$325 for the camp fee.