



SPRA Pre-Season Ringette

Boot Camp

U14-U19

SPRA is hosting an intense conditioning camp comprised of both on and off ice sessions. Each session is designed to prepare athletes for the 2018-2019 competitive ringette season. The camp will be a valuable pre-season preparation for those athletes wishing to play A or AA at the U14, U16, U19 levels.

Lorrie Horne, of Future Champions and Head coach of the Canadian Junior National Ringette Team, will be our guest instructor. The on-ice sessions will be patterned after her tried and true methods for conditioning the competitive athlete.

The camp is comprised of the following:

- 5 on-ice conditioning sessions
- Nutrition Education - Fueling Athletes for Competition. This session is for the **parents and athletes**.
- Dry land Education - Athletes will participate in a dry land session with tips and methods for a home conditioning regimen. (Parents may attend.)

U14 (2005-2006)

Date	Time	Location	
Sunday August 19	5:00-6:00 pm	Sprite	On-ice
Tuesday August 21	8:30-9:30 pm	Outdoors	Dryland
Tuesday August 21	7:15-8:15 pm	Sprite	On-ice
Thursday August 23	7:00-8:00 pm	Classroom	Nutrition
Thursday August 23	6:00-7:00 pm	Sprite	On-ice
Saturday August 25	10:30-11:45 am	Chev	On-ice
Sunday August 26	9:45-11:00 am	Sprite	On-ice



U16 / U19 (2000-2004)

Date	Time	Location	
Sunday August 19	6:15-7:15 pm	Sprite	On-ice
Tuesday August 21	7:00-8:00 pm	Outdoors	Dryland
Tuesday August 21	8:30-9:30 pm	Sprite	On-ice
Thursday August 23	5:45-6:45 pm	Classroom	Nutrition
Thursday August 23	7:15-8:30 pm	Sprite	On-ice
Saturday August 25	12:00-1:15 am	Chev	On-ice
Sunday August 26	11:15 am-12:30 pm	Sprite	On-ice

Lead Instructor On-Ice: Sandy Robert

Nutrition and Dry Land Instructor: Dacia Mead

Cost: \$150.00 (before June 1)**

****After June 1: \$175**

Goalies: \$50

Location: Millennium Place

Register early to avoid disappointment!

To register go to: www.sherwoodparkringette.ca and click on **Registration**.

Space is limited to 30 participants per age group and will be on a first come first served basis.

For inquiries, contact Linda Poole at aadirector@sherwoodparkringette.ca.