



Welcome to RDC

Queens Ringette

Summer Camp

Monday, August 17- Friday, August 21

Thank you for registering your child in the Red Deer College Queens Ringette camp. This camp is designed for novice and petite ringette players to enhance and develop basic ringette skills, and of course, **HAVE FUN!**

Things to remember:

Camp Time: August 17-21, 2:00 PM- 6:15 PM (Novice); 3:30 PM- 7:45 PM (Petite). Please make sure your child/children are at the Red Deer Arena 20-30 minutes before their camp begins. This will allow the kids time to get dressed and have assistance with their skates, if need be.

Clothing: Please ensure your child has the appropriate equipment for a ringette game/practice. Also, a change of clothes for the dry-land sessions is recommended (shorts, T-shirt, running shoes). The kids will be outside (weather permitting), please bring a **re-usable water bottle**, sunscreen, hat, and bug spray.

Snack: Please provide a healthy, hearty snack for your child during their week of camp. The kids are involved in a lot of physical activity, and they will need sustenance to keep them energized.

Medical Information and Waiver Forms: Please fill out the Participant Registration form, indicating any particular medical issues. If a medical condition requires special attention or caution (ie. Nut allergy, bee stings), please notify Jillian Kuzina, Camp Coordinator, and/or Chris Kelly, head coach, at registration.

After several days of camp, kids may feel fatigued as they will be constantly active and engaged. Early bedtimes and proper nutrition are key for improving their skills and make the most of their summer camp experience!

If you have any questions or concerns at all during the course of the week, please do not hesitate to contact Jillian Kuzina at 403-314-2477.

Have a great time at CAMP!

Daily Schedule: PLEASE NOTE YOUR CAMP TIME

(Please arrive 20-30 minutes early, to allow time for your child to get dressed)

Red Deer Arena- D4725-43rd Street, Red Deer, Alberta

Each day consists of two 75 minute ice sessions with a dry-land activity in between the two ice sessions. The second ice session on the Friday is a full ice game.

2:00 PM- 6:15 PM (NOVICE)

2:00- 3:15 Ice Session A

3:15- 3:45 Change and eat a healthy snack (each player provides their own)

3:45- 4:35 Dry-land Activity

4:35- 5:00 Change for ice session

5:00- 6:15 Ice Session B

3:30 PM- 7:45 PM (PETITE)

3:30- 4:45 Ice Session A

4:45- 5:15 Change and eat a healthy snack (each player provides their own)

5:15- 6:05 Dry-land Activity

6:05-6:30 Change for ice session

6:30-7:15 Ice Session B