



# **PRE-SEASON CAMP 2011**

## **U9 & Newbie**

Our focus is to develop the players basic skills and provide a strong foundation for the start of the season. Skating, Passing and Shooting are the first and foremost in this camp. In everything we do, our first priority is for the players to have fun.

### **Camp Times:**

Saturday	September 24th	600 PM	Sunday	September 25th	100 PM
Tuesday	September 27th	600 PM	Friday	September 30th	600 PM
Saturday	October 1st	1145 AM	Sunday	October 2nd	600 PM
Tuesday	October 4th	600 PM	Thursday	October 6th	600 PM

## **U10 & U12**

Conditioning and instruction on improving skating skills is the main focus in this camp. The goal is to improve the speed and agility, including ringette skills.

### **Camp Times:**

Saturday	September 24th	715 PM	Sunday	September 25th	215 PM
Tuesday	September 27th	715 PM	Friday	September 30th	715 PM
Saturday	October 1st	100 PM	Sunday	October 2nd	715 PM
Tuesday	October 4th	715 PM	Thursday	October 6th	715 PM

## **U14 & U16**

Conditioning and agility will be the main focus for this camp. Players will also learn advanced ringette skill techniques, including the wrist shot.

### **Camp Times:**

Saturday	September 24th	830 PM	Sunday	September 25th	330 PM
Tuesday	September 27th	830 PM	Friday	September 30th	830 PM
Saturday	October 1st	215 PM	Sunday	October 2nd	830 PM
Tuesday	October 4th	830 PM	Thursday	October 6th	830 PM

**ALL ICE TIMES ARE AT MAPLES ARENA**

**130\$**

**PER PLAYER**

**65\$**

**PER GOALIE**

**For Registration Information - [nwracamp@gmail.com](mailto:nwracamp@gmail.com)**