

EAGLE LAKE RINGETTE CAMP 2010

Ice in the summertime... That's Cool!

Ringette™ and Camp! Two great activities, one great location! Could there be a better way to end off your summer? Not likely! After sixteen (16) summers of sun, fun, ice and friends it seems that Eagle Lake Ringette Camp is a favourite for many players from all over Ontario. From 60 girls in our first year, we have grown to 165, with a large majority returning year after year!

Camp is held on the shores of Eagle Lake at the site of the Hockey Opportunity Camp (est.1966) in Sundridge, Ontario - just South of North Bay. A perfect location for outdoor activities and subject to the availability of instructors; such as hiking, canoeing, water skiing, swimming, kayaking, mountain biking or just experiencing nature. Some activities may not be available to some age groups. Camp Director Kevin McLaughlin has a full staff of qualified camp instructors to ensure your child has a safe and enjoyable time at camp.

The facilities include spacious sleeping cabins with counselors staying in adjacent staff quarters, providing ample supervision, 24 hrs. a day. Washroom and shower facilities are close by. Two Recreation Halls are the main gathering areas for group activities, while playing fields, mountain bike trails, a climbing wall and the ball hockey court are also used for camp wide games. On the waterfront we have a large supervised swimming area for scheduled recreational swimming. In addition there are many boats for classes in kayaking, canoeing, windsurfing and skiing.

Three (3) nutritious and well-balanced meals are served daily in the dining hall or cookout area. The Chefs and Staff of G.B. Catering have earned a reputation amongst camps and institutions as one of the top caterers in the business. Special meals can also be arranged for campers and staff with medical or other unique dietary requirements. Please provide advanced notice.

At the rink... Your Athlete Development Committee presents a complete Ringette Program, taught by our O.R.A. Trained Skill Instructors. Campers will receive a minimum of 2 hours of ice daily featuring instructional power skating emphasizing balance, power and agility. Planned Ringette™ skills segments are geared toward improving passing, receiving, shooting, checking and strategy. Goalies will be given special instruction on “tending the twine” with drills and exercises designed to develop goaltending skills.

Each camper will receive an evaluation of their skills from their Instructor and the week will be capped off with a section based squad game prior to departure on Saturday. Classroom/Dryland Training sessions are also scheduled throughout the week to reinforce strategy, rules, safety, fitness and good nutrition, all of which contribute to the total athlete.

Our summers have produced some great memories at Eagle Lake Ringette Camp. We hope that ELRC '10 will have a memory or two for the Ringette™ player(s) in your household.

Things to keep in mind:

Head Lice: No Camper with Head Lice will be allowed to remain at Camp. While outbreaks are rare, Head Lice can be contracted where groups of children are involved. Please check your camper(s) thoroughly before camp, taking the necessary steps to ensure successful treatment. Head Lice checks will be conducted at Camp Registration check-in and no camper will be allowed to remain at Camp, if any are discovered.

Registration: Camp is in session from Sunday, August 29 to Saturday, September 4, 2010. Registration runs Sunday from 12:00 noon to 2:00 p.m. Check out is immediately before or after their Saturday morning game, and is no later than 1:00 p.m. Please make sure you know your child's Saturday game time before you leave on Sunday.

Payment: Registration fees are \$745.00, including applicable Taxes . This covers all aspects of Camp including daily tuck shop privileges, group photo, one skate sharpening, accommodation, meals, ice time, transportation at camp, and a practice jersey. A deposit of \$400.00 dated now and a postdated cheque(s) of \$345.00 dated on or before June 25, 2010 must accompany your application. (All cheques are payable to the Ontario Ringette Association). **APPLICATIONS MUST BE ACCOMPANIED BY THE REQUIRED FEES TO BE CONSIDERED.**

Cancellation: Cancellations before July 1st will be refunded their deposit, less a \$75.00 Administration Fee. Cancellations July 1st to July 31st will be responsible for any unrecoverable camp related expenses pertaining to the camper, in addition to the \$75.00 Administration Fee. **There will be no refund for cancellations after August 1st.** An Administration Fee of \$30.00 will also be charged for NSF cheques.

Date: Sunday, August 29 – Saturday, September 4, 2010.

Age of acceptance at Camp: Between 7 and 15 years.

Place: Eagle Lake Ringette Camp at Hockey Opportunity Camp in Sundridge, Ontario and the Ice Sessions will be held at South River – Machar Community Centre in South River, Ontario.

Deadline for Application: August 1, 2010. A confirmation package will be sent. The O.R.A. office accepts applications beginning in January of each year.

Deadline for Medical Form: Medical Form **MUST** be submitted by August 1, 2010.

Staff Applications: Available from the O.R.A. office and website. If you are a Nurse, please let us know if you are interested in spending a week as Camp Nurse.

Cabin Assignments: Age and skill level are primary considerations when assigning campers to a cabin. In order to meet these considerations as closely as possible, requests to bunk with a friend(s) must be limited to no more than two (2) other campers.

Telephone Use: Telephone calls are not allowed unless for an emergency, or as otherwise arranged through the Camp Directors. Cell phones are NOT allowed at Camp.



EAGLE LAKE RINGETTE CAMP 2010 Camper Application Form

Name (Last): _____ (First): _____

Address: _____ City: _____

Prov.: _____ Postal Code: _____ Phone:(_____) _____

Mother's Name: _____ Work Phone:(_____) _____

Father's Name: _____ Work Phone:(_____) _____

Camper Sex: _____ Birthdate:(M/D/Y) _____ / _____ / _____ Age at Camp: _____

Email Address: _____ (Optional)

Ringette Background: Please complete to the best of your knowledge to assist with groupings.

Position: Centre Forward Defense Goal

Home Association: _____ **Age of acceptance at Camp:** Ages 7 to 15

Planned Level of Play for Coming Season: AA A B C

Number of Years Played: _____

Age Division for Coming Season: U9 U12 U14 U16

What specific skills would you like to work on at Camp? (i.e: checking, backward skating, shots....)

Cabin Assignments: Every effort will be made to bunk pre-requested friends together, however, where age and skill level are not compatible, this may not be possible. With this in mind, do you have a fellow camper (**maximum 2**) you would like to bunk with? Name(s): _____

Please Note: Applications must be accompanied by the required fees (2 cheques for a total of \$745.00) to be considered. The O.R.A. office accepts applications beginning in January of each year.

Camper Practice Jersey: Each camper will receive a mesh ELRC Jersey to keep. Please choose a size keeping in mind your child's equipment and potential growth.

Youth M (under 59lbs.) L (60 - 69lbs.)
Adult S (70 - 89lbs.) M (90 - 109lbs.) L (110 - 129lbs.) XL (130+lbs.)

----- This area for OFFICE USE ONLY -----

Date: _____ \$ _____

Date: _____ \$ _____

Confirmation Package sent: _____

Other Info.: _____

Mail to: Ontario Ringette Association * 207-3 Concorde Gate, Toronto, Ont. * M3C 3N7 *
Phone:(416)426-7204 Fax:(416)426-7359 Email: admin@ontario-ringette.com Website: www.ontario-ringette.com

Application deadline is August 1, 2010