



# GENERAL INFORMATION

## EAGLE LAKE RINGETTE CAMP – 2010

### CAMPERS AND STAFF

#### **Camp Address:**

Hockey Opportunity Camp  
P.O. Box 448  
Sundridge, Ontario P0A 1Z0  
Toll Free 1-888-576-2752  
Phone:(705) 386-7702  
Email: [hoc@learnhockey.com](mailto:hoc@learnhockey.com)

Fax:(705) 386-0179  
Website: [www.learnhockey.com](http://www.learnhockey.com)

Eagle Lake Ringette Camp is located near Sundridge, approximately 280km North of Toronto or 65km South of North Bay on Hwy #11. From Sundridge: turn West at the arena (Albert St.) and follow the signs to Hockey Opportunity Camp. From South River, turn West on Ottawa Avenue, then right at Eagle Lake Rd. Follow the signs to Mikisew Provincial Park and continue past the Park for 3.5km.

Arena – To get to Camp from the arena, follow the road past the Provincial Park back to South River. The arena is located just behind the Shell Gas Station on Hwy #11 in South River. (Ottawa Avenue and Lincoln Street).

#### ***REMINDERS***

- Registration for all campers is held Sunday, August 29, 2010 from 12:00 noon - 2:00p.m. (These times must be adhered. Camp Programs begin shortly after 2:30p.m. so parents should try to have their children to camp no later than this time. Phone calls ahead of time to inform us of late arrivals are appreciated).
- Every effort will be made to bunk pre-requested friends together to a maximum of 2. If we have overlooked a specific request, please draw it to our attention at Camp Registration.
- All camp fees are due on or before June 25th.
- Please return the Camper Medical Form by August 1<sup>st</sup>.
- Telephone calls are not allowed unless for an emergency, or as otherwise arranged through the Camp Directors. Cell phones are NOT allowed at camp.
- All ice sessions are held at the South River/Machar Arena. NOT the arena located in Sundridge.

- Campers check out directly after their Ringette™ game on Saturday morning. All parents and friends are urged to attend. Game times will be posted at check in. Please make sure you know your child's Saturday game time before you leave camp on Sunday.
- Camper meals are from Sunday dinner to Saturday breakfast. We do not provide a Sunday lunch before check-in, however, you are welcome to bring a picnic lunch and enjoy the waterfront.

The following is a list of clothing and equipment to be brought to Eagle Lake Ringette Camp. Please keep in mind these hints when packing:

1. Do not pack more than is specified.
2. Don't forget to pack 2 garbage bags for dirty clothes and wet clothes.
3. All clothing and equipment should have your child's name clearly marked, either with wash-proof marker or sewn on labels.
4. Do not bring new, expensive or valuable clothing or items to camp. This includes cell phones, video games, radios, walkman, etc. You may bring an inexpensive fishing rod, camera and flashlight.
5. Do not pack large tubes of toothpaste or any type of spray can.
6. Please note that campers are responsible for their own bedding, which includes a single bed sheet.
7. Use this form to help inventory your child's clothing and equipment when her stay has ended.
8. All clothing left behind and unclaimed will be donated to a community services organization.
9. If you are going to send mail to your child, please allow 4 days delivery time.
10. To ensure proper fit, campers should try on their equipment prior to attending camp. Be sure that all straps and screws are affixed properly. We cannot emphasize this enough. The players' safety, mobility and ability to improve depends on it.
11. Practice jerseys will be provided for the campers to keep. For scrimmage purposes, please bring a light coloured practice jersey, preferably white. Campers should not bring team jerseys or expensive jerseys to camp.

## Clothing and Equipment List

<u>Going #</u>	<u>Item</u>	<u># Ret'd</u>	<u>Going #</u>	<u>Item</u>	<u># Ret'd</u>
____(6)	T-shirts	_____	____(2)	Bathing suits	_____
____(3)	Pairs of long pants	_____	____(6)	Pairs of underwear	_____
____(3)	Pairs of shorts	_____	____(1)	Pair of pajamas	_____
____(1)	Beach towel	_____	____(2)	Sweatshirts	_____
____(1)	Rain jacket	_____	____(2)	Pairs of running shoes	_____
____(1)	Hat	_____	____(1)	Sleeping bag	_____
____(1)	Single bed sheet	_____	____(1)	Foam pillow with case	_____
____(1)	Toothbrush & toothpaste	_____	____(1)	Bar of soap in a soap case	_____
____(1)	Brush or comb	_____	____(1)	Shampoo in plastic bottle	_____
____(1)	Sunscreen (min. SPF-15)	_____	____(2)	Towels and facecloth	_____
____(6)	Pairs of socks	_____			

### **Ringette Equipment**

_____ Helmet and Type 5 or 6 facemask	_____ Shoulder pads
_____ Throat protector	_____ Ringette gloves
_____ Elbow pads	_____ Jill strap
_____ Girdle/pants	_____ Skates
_____ Shin pads	_____ Stick/pad tape
_____ (2) Sticks	_____ Water bottle
_____ Goaltender Equipment as required	
_____ White jersey	
_____ Band Aids (foot blisters)	

### **Optional Items**

_____ Flashlight	_____ Ball glove
_____ Insect lotion	_____ Pens/paper...
_____ "Commando Run" Clothes (i.e: old pants, sweatshirt and sneakers for an optional "fun run in the mud" – don't worry, the kids think it's a riot!).	

### **Other Notes**

**Tuck Shop** – Campers and staff are not allowed to carry large sums of money on their person at the camp. Monday to Friday campers are scheduled for a daily visit to the Tuck Shop where they are limited to 2 snack items. Selection includes canned pop, juice, chips, ice cream and chocolate bars. (If your child has specific dietary requirements we can arrange for special needs with advanced notice). Each camper will also receive a jersey, one skate sharpening and a cabin group photo. Other requirements such as tape, medication re-fills (with parental authorization) or hygienic necessities would require an extra deposit or reimbursement upon check out. Rule of thumb: If you think she might need it – pack it. (Except for stocks of food and candy as unwelcome critters may enter cabins where food can be sensed).

**Medication** – At registration all medication including Tylenol and ASA must be given to the Camp Nurse for safekeeping. Dispensing of any and all medication will be monitored and kept on record by the Nurse in the interest of health and safety for all. Inhalers and cough candies are obvious exceptions to this rule. You may speak to the Nurse if you have concerns.

**Transportation** – The camp can provide pick-up and drop-off rides at the Sundridge bus station for a one way fee of \$6.00 per camper. Please call ahead.

**Goalie Equipment** – All goalies are required to bring their own full set of equipment to camp. If you use a set provided by your local association and it is in summer storage, you should make arrangements to obtain it prior to coming to camp.

### **Saturday Game Card – Check out times for campers**

**Campers in the “BETTY FLY’S” Section** - Her Saturday game time is 8:30 am at the South River Machar Arena. Her bus arrives at the arena at 7:45 am. Please come directly back to camp after her game to “check out”.

**Campers in the “RING JETS” Section** - Her Saturday game time is 9:40 am at the South River Machar Arena. Her bus arrives at the arena at 9:00 am. Please come directly back to camp after her game to “check out”.

**Campers in the “STINGERS” Section** - Her Saturday game time is 10:50 am at the South River Machar Arena. Please come to the camp anytime after 9:00 am to “check out” and pick up her belongings before game time. Her bus leaves camp at 9:45 am.

**Campers in the “VIPERS” Section** - Her Saturday game time is 12:00pm at the South River Machar Arena. Please come to the camp anytime after 10:00 am to “check out” and pick up her belongings before game time. Her bus leaves camp at 11:00 am.

## **STAFF**

**Camp Orientation** is **tentatively** scheduled for Thursday, August 26, 2010 to Saturday, September 4, 2010. **A firm date and time of arrival will be published at a later date.**

For directions to go their website.

The Caswell Resort Hotel  
P.O. Box 70  
Sundridge, Ontario P0A 1Z0  
Phone: 1-800-461-5262 or (705) 384-7600  
Email: [info@caswellresort.com](mailto:info@caswellresort.com)  
Website: [www.caswellresort.com](http://www.caswellresort.com)