

EAGLE LAKE RINGETTE CAMP 2003

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

Ringette and Camp! Two (2) great activities, one great location! Could there be a better way to end off your summer? Not likely! After ten (10) summers of sun, fun, ice and friends it seems that Eagle Lake Ringette Camp is a favorite for many players from all over Ontario. From 60 girls in our first year, we have grown to 140+, over half are returnees.

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 such as hiking, canoeing, water skiing, archery, kayaking, mountain biking or just experiencing nature. Camp Directors Lance and Cathy Barrs have a full staff of qualified instructors to ensure your child has a safe and enjoyable time at camp.

The facilities include spacious sleeping cabins with counselors sharing quarters with our youngest groups, while cabins for older campers have adjacent staff quarters providing ample supervision. Washroom and shower facilities are close by. Two rec 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 or instructional 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 2 ½ hours of ice daily featuring power skating, power skating sessions 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 an intra-squad game prior to departure on Saturday. Classroom sessions are also scheduled throughout the week to reinforce strategy, rules, safety, fitness and good nutrition, all of which contribute to the total athlete.

The last few summers have produced some great memories at Eagle Lake Ringette Camp. We hope that ELRC '03 will have a memory or two for the Ringette player in your household.

Things to keep in mind:

Registration: Camp is in session from Sunday, August 24 to Saturday, August 30, 2003. 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 2:00 p.m.

Head Lice: 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, if any are discovered. Head checks will be conducted at Camp Registration check-in. **No Camper with Head Lice will be allowed to remain at Camp.**

Please Note Changes in the Payment Structure

Payment: Registration fees are \$570.00, including 3% Provincial Sales Tax and 7% GST. This covers all aspects of Camp including daily tuck shop privileges, group photo, one skate sharpening, accommodation, meals, ice time, transportation at camp, and practice jersey. A deposit of \$230.00 dated now and a postdated cheque(s) of \$340.00 dated on or before June 25, 2003 must accompany your application. (All cheques are payable to the Ontario Ringette Association). **APPLICATIONS MUST BE ACCOMPANIED BY THE REQUIRED FEES TO BE CONSIDERED.** The ORA office accepts applications beginning in January of each year.

Cancellation: Cancellations before July 1st will be refunded their deposit, less a **\$75.00 Administration Fee**. All cancellations after July 1st will be responsible for any unrecoverable camp related expenses pertaining to the camper, in addition to the \$75.00 Administration Fee.

Date: Sunday, August 24 – Saturday, August 30, 2003

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

Place: Eagle Lake Ringette Camp at Hockey Opportunity Camp in Sundridge, Ontario and South River – Machar Community Centre in South River, Ontario.

Deadline for Application: August 1, 2003. A confirmation package will be sent.

Deadline for Medical Form: August 15, 2003.

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.