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| Royals | Lorette  Ringette  Association |

**Pre-Season Conditioning Camp**

We are pleased to announce Lorette Ringette’s first ever pre-season conditioning camp. This year we were able to heavily subsidize this fantastic skills camp due to a successful **2015 Bottle Drive**.

**A BIG “THANK YOU” goes out to Rothsay and Centennial Gravel for their generous battery donations and to all of the volunteers that helped make these events FUN and profitable.**

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| **What you get**   * 2 Certified MB Ringette Instructors * Certified MB Ringette Goalie Coach * Professionally Planned Practices * 4 Hours on Ice * 1 Exhibition Game/Age Group * A Chance to Improve Your Skills with Friends Before the Start of the Season | **Skills To Be Practiced**   * Proper Stance and Stride * Backwards Skating * Explosive Starts * Stopping in All Directions * Power Skating * Shooting * Goalie Skills |

The camp runs for 4 weeks, September 18th - October 16th in **Iles des Chenes.**

**We strongly encourage all players registered for the 2016-2017 season to participate.**

Cost to register is $15 for LRA registered players, $60 for unregistered participants.

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**2016-2017 Lorette Ringette Preseason Conditioning Camp**

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| Participant:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
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| Date of Birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
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| 2016-17 Age Group (circle one): U10 (Group 1) U12 (**Group 1 or 2**) U14 (Group 2) | |
|  | |
| Goalie? (circle one): Yes / No / Thinking About It (U10 and U12) | |
| Parent/Guardian Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
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Date Arena Time Group

September 18 IDC 5:45pm 1

September 18 IDC 7:00pm 2

September 24 IDC 1:30pm U12 Game

September 25 IDC 4:30pm 1

September 25 IDC 5:45pm 2

October 2 IDC 4:15pm 1

October 2 IDC 5:30pm 2

October 2 IDC 6:45pm U19

October 6 IDC 6:15pm 1

October 6 IDC 7:30pm 2

October 16 IDC 4:15pm U10 Game

October 16 IDC 5:30pm U14 Game

October 16 IDC 6:45pm U19 Game