

# Registration Form

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Birthday: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Yes, Keep me updated with Avalanche camps, events and NRL games via email.

Last Team: \_\_\_\_\_ Association: \_\_\_\_\_

Position: \_\_\_\_\_ Parent(s): \_\_\_\_\_

Relevant Medical Information: \_\_\_\_\_

Dates: All ice is at Walnut Grove Sportsplex [20165 - 91A Ave, Langley, BC]

U14

U18

July 06, 2010	6:00pm - 7:00pm	7:15pm - 8:15pm
July 13, 2010	6:00pm - 7:00pm	7:15pm - 8:15pm
July 20, 2010	7:15pm - 8:15pm	8:15pm - 9:15pm
July 27, 2010	6:00pm - 7:00pm	7:15pm - 8:15pm

Fee: \$99.00 Please mail registration form and make cheques payable to:  
 Fraser Valley Avalanche Ringette 24788 55B Ave, Langley, BC, V2Z 1H4 (p) 604-857-8900



Summer Night Ringette Camp

July 6 - July 27, 2010  
 Langley Sportsplex

# Fraser Valley Avalanche

## Summer Night Ringette Camp

This camp is intended for athletes in the U14 and U18 age groups who wish to improve their ringette skills, keep 'ringette' fit during the summer and learn from the top ringette players in BC.

### Athletes will:

- Learn and improve on ring skills, shooting, passing, checking and positioning techniques
- Receive personal instruction from current top level athletes and ringette coaches
- Learn new and current ringette strategies for forward, goaltending and defensive positions
- Gain tips on conditioning for ringette, prep and focus
- Have fun playing the sport they love



[www.fraservalleyavalanche.com](http://www.fraservalleyavalanche.com)



### Four Sessions:

Tuesdays in July 2010

6:00 pm - 7:00 pm U14

7:15 pm - 8:15 pm ELITE

\$99.00

Langley Sportsplex, Walnut Grove



Fraser Valley Avalanche Instructors

## Instructors

Avalanche camps utilize top ringette athletes, coaches and instructors in British Columbia and Canada. Most are current athletes playing in the National Ringette League. All instructors have competed at an elite level and have extensive coaching and/or instructing experience.

### Our instructors include:

- Carla Clapton, athlete, AA coach and instructor
- Nicole Tjepkema, athlete, AA coach and instructor
- Shannon Anderson, athlete, goaltending instructor
- Michelle Peters, athlete, coach and instructor
- Fraser Valley Avalanche (NRL) team members



National Champion and World Silver Medalist  
Goaltender Shannon Anderson