



TRANSCEND ATHLETICS INC.

Corp #2019746300

Transcend Athletics' 2022 Ringette Prep Camp!

Dust off the rust and get ready for this upcoming ringette season with Transcend Athletics Ringette Prep & Conditioning Camp! Ice times will consist of fast tempo flow drills for speed and edge work along with technical skill development on passing and shooting. This camp will also specifically focus on conditioning and drills that players will be evaluated on during the upcoming UAA Evaluations.

The cost for this camp is \$262.50 (GST included). There will only be 18 spots available for this camp to ensure great instructor to player ratio, allowing for lots of individual instruction. The camp is open to all players U12 through U14.

The kids will be grouped by age and skill to ensure all drills are skill appropriate. If you fall outside this age range, please email

tim@transcendathletics.ca to discuss options.

Below are the ice times for the Ringette Prep Camp

- Monday August 15 – 4:45pm to 5:45pm – Meadows East
- Tuesday August 16 – 4:00pm to 5:00pm – Meadows East
- Wednesday August 17 – 5:00pm to 6:00pm – Meadows East
- Thursday August 18 – 6:45pm to 7:45pm – Meadows East
- Friday August 19 – 4:45pm to 5:45pm – Meadows West

www.transcendathletics.ca

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