



SUMMER RINGETTE CAMP

5-days: Mon-Fri August 26-30, 2024

@Niverville CRRC

*For both skaters and goalies going into U10-U19 next season.

Camp includes:

- 10 hours of instruction, 2 hours per day
- Goalie Specific instruction for goalies
 - 1 hour on-ice
 - 1 hour gym/dry-land
- Practice Jersey
- Daily snack & drink

REGISTER
HERE

*Groups will be scheduled for about 2.5hr blocks of time within the camp operating hours of 8:45am-2:00pm.

Cost:

Rage players: \$215

Regular price: \$250

*Rage players = either played for Rage last season or will next season; contact us for a pricing adjustment or a discount code.

- *Ringette Skills
- *Strength & Conditioning
- *Power Skating
- *Goalie Training

COMPETITIVE EDGE

P O W E R



Our Team & Philosophy

What sets us apart?

Top Notch Coaching with a decade of coaching experience and 20+ years of playing experience

The Competitive Edge Power Method: It's nothing fancy, just a keen coaches eye, a positive and engaging environment, and proven strategies through research and experience to most effectively teach and cue athletes to improve their skills

Our Philosophy: We believe in intentful coaching, we have a purpose for everything we do and love teaching our athletes the “why” behind our coaching to ensure they know where they can apply the skills they learn!

Who will you see at this camp?

- **Brooke Enns** (CEP Founder & AA/PS Coach)
- **Josée Roy** (former NRL/CWG player & AA/PS Coach)
- **Keely Solloway** (CanPowerSkate Certified & A/PS Coach)
- **Kaylee Davies** (Team Canada/NRL/CWG Goalie & AA Goalie Coach)
- **Amanda Vann** (CWG/AA Goalie & AA Goalie Coach)
- **& MORE!** Our team consists of Team Canada/CWG/AA elite players who are trained coaches!