REGINA CAMP



July 17 to 21, 2023 Cooperators Centre



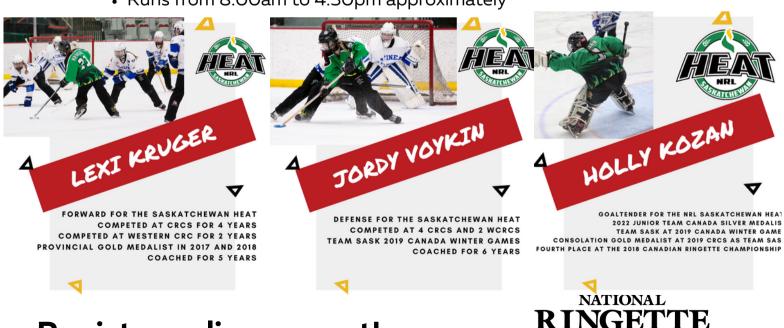
Join us this summer for a ringette filled week. Learn from some of the best, most passionate ringette players!

3 groups:

2014-2015 Birthdates (exceptions for 2016s with experience) 2012-2013 Birthdates -- Currently full 2008-2011 Birthdates

Features:

- 13 ice sessions throughout the 5 days
- Building the athletes confidence and abilities
- NRS Jersey keepsake
- · Team building activities
- Fitness
- Mental training and strategy sessions
- Showcase scrimmage on Friday afternoon
- Runs from 8:00am to 4:30pm approximately



Register online: www.thenrs.com

