

GCRA Summer Pre-Season Camps 2025

Location: Fred G Barrett Arena

Dates: August 18-22, 2025

GCRA will be offering pre-season training camps during the week of August 18-22, 2025 in order to prepare athletes for their coming ringette seasons. GCRA will be offering 3 different programs during the week. Goalies (FUN, U12, U14) receive a 30 minute on-ice goalie session in addition to their age group ice times.

FUN2/3 Full-Day Camp **cost: \$400** **max participants: 30 (4 goalies)**

For athletes playing FUN2 or FUN3 this coming season.

- **8:00am-3:00pm**
- 120 minutes of on-ice training (skating development, ring skills, drills, scrimmages/games)

U12/U14 Full-Day Camp **cost: \$400** **max participants: 60 (4 goalies)**

For athletes playing U12 or U14 this coming season.

- **8:30am-3:30pm**
- 120 minutes of on-ice training (skating development, ring skills, drills, scrimmages/games)

U14/U16/U19 Pre-Season Training **cost: \$200** **max participants: 30 (4 goalies)**

For athletes playing U16 or U19 competitive this coming season.

- **2:00pm-5:00pm (3 hours)**
- 70 minutes of on-ice training (skating development, ring skills, drills, scrimmages)
- 45 minutes of off-ice conditioning (fitness, cross-sport training)

*Schedule *times may be adjusted depending on registration numbers**

Ice Times	FUN 2/3	Goalies	U12 Group 1	U12/14 Group 2	U16/19
8:15-9:15	On Ice (70 minutes)		Arrival 8:30 am	Arrival 8:30 am	
9:15-10:05			On Ice (50 minutes)		
10:15-11:05				On Ice (50 minutes)	
11:15-11:45		On Ice			
11:45-12:35	On Ice (50 minutes)				
12:45-2:05			On Ice (70 minutes)		
2:15-3:35	Pick-Up 3:00 pm		Pick-Up 3:30 pm	On Ice (70 minutes)	Dryland Training
3:45-5:05				Pick-Up 3:30 pm	On Ice (70 minutes)

We are looking for Camp Counsellors!

Many of our counsellors are returning for another year but we may need a few extra counsellors or volunteers to help fill out our staff.

Job Opportunities:

- 1-2 Full-Day Paid Positions (7:30am - 4:00pm)
- 4 Volunteers Half-Day and Full-Day options

Pay: 17\$/hour

The Camp involves ringette players ages 6-13 that range in ability from first time skating to having played ringette for the past couple years recreationally and competitively. Counsellors must be able to participate in activities while maintaining an enthusiastic outlook and being a positive role model. The off-ice instruction requires counselors to take initiative and be innovative with creating and delivering off-ice programming. They will be required to run warm-ups and drills on-ice under the guidance of the on-ice instructors.

Criteria for which applicants will be assessed:

- Age and ringette playing experience
- Work and volunteer experience that demonstrates ability to work with children
- First Aid and CPR training
- Leadership qualifications/experience
- Professionalism

Please send your updated resume and cover letter to jessica.mainwood@gmail.com before April 8th, 2025

Applicants should be prepared to participate in a virtual interview if needed.