



Macdonald Ringette Association

Winter Clinics

The purpose of these clinics is to provide equal development opportunity and quality instruction for ALL players interested in improving their skills and understanding of the game.

Our Clinics will be led by former Team Canada player **Lindsay Burns** she is one of the best Ringette Instructors in Manitoba.

Each clinic will be 60 mins at Oak Bluff Arena on Thursday nights from 7pm to 8pm.

Sniper Clinic Age Group U10-U12

This session will focus on shooting to score! Players will receive technical feedback on their wrist shots and plenty of opportunity to practice them. In addition - deking, fakes and sniper moves will be taught and used in different types of situations.

Date and Time: January 10th 7pm at Oak Bluff Arena

Cost: \$20 per player

Limited Space

Sniper Clinic Age Group U12A, U14A and U14B

This session will focus on shooting to score! Players will receive technical feedback on their wrist shots and plenty of opportunity to practice them. In addition - deking, fakes and sniper moves will be taught and used in different types of situations.

Date and Time: January 17th 7pm at Oak Bluff Arena

Cost: \$20 per player

Limited Space

Defensive Tactics Age Group U12A, U14A and U14B

This session will focus on the defensive aspect of the game. Defensive skills that will be covered in this session include proper positioning, ring protection & support and protecting the hot spot.

Date and Time: January 24th 7pm at Oak Bluff Arena

Cost: \$20 per player

Limited Space

Game Sense and Tactics Age Group U10 and U12

This session will focus on specific game scenarios (support passing, man-on coverage and triangle work).

Date and Time: January 31st 7pm at Oak Bluff Arena

Cost: \$20 per player

Limited Space

Offensive Tactics Age Group U12A, U14A and U14B

This session will focus on the offensive aspect of the game. Offensive skills that will be covered in this session include cutting to get open for a pass, supporting the ring carrier, cycling and creating scoring opportunities.

Date and Time: February 7th 7pm at Oak Bluff Arena

Cost: \$20 per player

Limited Space

Game Sense and Tactics Age Group U10 to U14

This session will focus on specific game scenarios (support passing, man-on coverage and triangle work).

Date and Time: February 14th 7pm at Oak Bluff Arena

Cost: \$20 per player

Limited Space

To register your player please go to Macdonald Ringette Website <https://macdonaldringette.ca> and CLICK ON the registration link.

FULL EQUIPMENT IS MANDATORY TO PARTICIPATE.

REGISTRATIONS WILL BE ACCEPTED ON A FIRST COME, FIRST SERVE BASIS.

THERE IS LIMITED SPACE IN EACH CLINIC GET YOUR REGISTRATION IN EARLY TO AVOID DISAPPOINTMENT.

Refunds will only be honored if the request is accompanied by a Doctor's Certificate. There will be a 25% administration fee on all refunds.