

NRS PARENT GUIDE 2023

All drop-offs and pick-ups will take place at the arena.

Player Sign In

We recommend you observe your sign in time, as they allow you to be ready for the day's first activity.

Late Pick-Up Policy

Late Pick-Up Policy: \$10/15mins. Payable with cash only upon same day pick-up or next day drop-off. Child will not be permitted to re-join the camp until fee is paid.

Your Group Assignment

When you arrive at the arena the first day you will complete the final steps of registration by meeting the instructors that will be working with your child throughout the week. If you discover any issues with your child's group placement please communicate with the Site Manager as soon as possible. If any changes are to be made, they must occur on the first day of camp. For example, if you would like to change groups, this request **MUST** be made on the morning of the first day of camp.

For your child's maximum learning, we have a cap on the number of skaters in each group; as a result, if your child has been placed with players of similar age and experience, they may not be able to change groups. Upon registration, if you made a request for your child to be placed with another player (e.g., a friend), we will try to accommodate your request, however please note that we cannot guarantee that it will be fulfilled.

Your child will receive a jersey upon sign in on the first day. The jersey colour does **NOT** indicate a separation from anyone else in their group. Please do not worry about the colour of your jersey.

Your Ringette Equipment

Please make sure your equipment is ready to go when you arrive!

You will need your full equipment in working condition.

Goalies must provide their own goalie equipment.

Please sharpen your skates before arriving. If you have outgrown your old skates, please try to avoid breaking in your new skates at camp. We realize this is unavoidable at times. Please consider sending blister pads and bandaids if your child is breaking in new skates.

Also:

- * Check your skate laces to make sure they are not broken.
- * Make sure your helmet meets all safety standards; including a Ringette facemask. Tighten your screws and ensure straps work well.
- * Neck guard is mandatory as well as shin pads, elbow pads, gloves, etc.
- * Please make sure you bring RUNNING SHOES and layers for off ice sessions.
- * Water bottle for ice times and off-ice activities.
- * Sunscreen, bug spray, a hat and beach towel for outdoor activities.

Lunches and Food Allergies

Participants are required to bring their own nutritious lunch and snacks to camp. Due to possible severe allergies we are a nut free camp. Do not bring peanut butter or other foods containing nuts to camp.

Due to time constraints, participants are discouraged from purchasing food on-site.

Valuables

Please do not bring any valuables such as cell phones, speakers, expensive shoes or sunglasses. You will not need them at the camp.

Sickness or Injury

We are striving to keep everyone safe and healthy this summer. Therefore, if you are sick, please do not come to camp. If your child becomes ill or injured prior or during camp please send us an email at questions@nationalringetteschool.com.

Parents!

Parents are invited (and encouraged) to visit and observe any sessions. If at any time during the week you have suggestions, requests or comments, please find any one of our staff and we will address them immediately.

We do ask that parents stay out of the dressing rooms while the participants are getting ready. If your child needs help either an Instructor will help in the dressing room or they can come outside the room to seek out your assistance. Female and male participants will have their own separate dressing rooms.

Questions?

Contact us at 403-284-5161 or questions@nationalringetteschool.com.

We can't wait to see you this summer.

Yours in Ringette,

The NRS Team