Pro-D Day Ringette Clinic

Friday Oct 24th at Langley Sportsplex

2.5 hours on-ice instruction in 2 ice times and an off-ice session
Supervision from 10:30am until 3:30pm
Open to players in U14-U19 age divisions

Head Instructor: Cathy Lipsett– head coach for BCRA's 2015 Canada Winter Games, assistant coach for 3 otherBC Canada Winter Gamesteams. Cathy is a long time member of BC Ringette and brings a wealth of experience. She is a former local association volunteer with Shuswap Ringette and a regional high performance coach with the Thompson-Okanagan Ringette League. Most recently, she served as an Assistant Coach with the BC Thunder of the National Ringette League and was a member of the Thunder bench staff when the team captured BC's first ever National Championship in 2012. Her coaching career also includes serving as head coach for Okanagan zone teams at the BC Winter Games in 2003 and 2005.

CWG Team Members and Player Instructors: Nina Tajbakhshof the BC Thunder and MardyColasimone, Danielle Wall, Sarah MacDonald and Angela Cichos of the LMRL U19 AA team.

Cost - $60

Register Online

Any proceeds will be used by Team BC Ringette 2015 to assist in offsetting the costs of team travel, jerseys, ice time, referees and other costs associated with this high level athletic training program.