

MEDICAL INFORMATION

PARTICIPANT NAME

INSURANCE COMPANY

GROUP NUMBER

EMERGENCY CONTACT NAME

EMERGENCY CONTACT PHONE NUMBER

WAIVERS

I waive and release RinkRat 19 Hockey School, LLC, instructors and players from any liability for any type of injuries that occur at camp. I authorize camp staff to use their best judgment in an emergency requiring medical attention. I hereby certify that my child is medically fit to participate in this camp.

PARENT/GUARDIAN SIGNATURE DATE

I authorize RinkRat 19 Hockey School, LLC, to take photos/videos of my child during camp. I understand that the photos/videos may be used for communication and marketing activities for future camps.

PARENT/GUARDIAN SIGNATURE DATE

RINKRAT 19 HOCKEY SCHOOL

We believe that the purest hockey experience is RinkRat hockey. Our memories include:

- Remembering the rink on a Wednesday night filled with hockey players (girls, boys, young, old) mastering their moves.
- School being cancelled due to a snow storm and kids naturally ending up at the rink for a day of hockey - no coaches, drills, or rules.
- 7 hour Saturdays: never-ending games of pom-pom, ball hockey, cops and robbers, sticks-in-the-middle, and shootouts. Only coming off the ice to eat and use the bathroom's hand dryers to warm our skates and gloves.

**COME EARLY,
STAY LATE,
SKATE EVERYDAY!**

WE ARE THANKFUL FOR OUR
SPONSORS



**JULY 5-9, 2020
JULY 12-16, 2020
JULY 19-23, 2020**



FEATURING:
GIGI MARVIN

2018 OLYMPIC GOLD MEDALIST
2014/2010 OLYMPIC SILVER MEDALIST

ICE

Skating drills that are centered around balance and edges, individual skill work, and competitive small area games.

DRYLAND

Shooting, stickhandling, and full body workouts focused on strength and speed (explosive single leg work, core, and agility).

OFF-ICE GAME

Playing a variety of games such as soccer, baseball, kickball, capture the flag, etc. to increase athleticism while providing a rest to skating muscles.

TEAM BUILDING

Leadership development, mental skills training, and a Q&A with Gigi and the coaches.



Website: www.rinkrat19.com
Contact us: rinkrat19hs@gmail.com

ADDITIONAL INFORMATION

- Held in Warroad Olympic Arena
- RR19HS jersey and gift bag for each player
- Gigi Marvin is head instructor



TYPICAL DAILY SCHEDULE

Ages 3-8	8:30-9:30am	Ice
	9:55-10:45am	Dryland
	11:00-11:45am	Team Building Off-ice Game
Ages 9-14	10:00-12:00pm	Ice
	12:30-1:15pm	Dryland
	1:30-2:30pm	Teambuilding Off-ice Game

Please note, there is no option for Ages 3-8 in Week 3. Instead, that week will have two groups of Ages 9-14.

Schedule is subject to change.

HOCKEY SCHOOL OBJECTIVE

Emphasizing skill development in a highly intense, creative, and enjoyable environment

REGISTRATION FORM

NAME

BIRTHDATE

ADDRESS

CITY / STATE / ZIP

PARENT NAME / PHONE NUMBER

EMAIL ADDRESS

WEEK

July 5-9 July 12-16 July 19-23
Ages 9-14 only

COST PER WEEK

Ages 3-8 Skater \$300 Goalie \$150
Ages 9-14 Skater \$500 Goalie \$250

A 10% discount is offered when registering more than one sibling (excluding goalies).

JERSEY SIZE

Youth S Youth M Youth L
 Adult S Adult M Adult L
 Adult XL

PRIVATE LESSONS

Camper has the opportunity to work one-on-one with a coach for 60 minutes. Check the box if interested and we will send more information.

**Mail completed form and check by June 19 to:
RinkRat 19 LLC - PO Box 148 Warroad, MN 56763**