

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 SPONSOR



**JULY 2-6, 2023
JULY 9-13, 2023
JULY 16-20, 2023**



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.



ADDITIONAL INFORMATION

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

DATES AND AGE GROUPS

July 2-6: Ages 3-7 and 8-12

July 9-13: Ages 3-7, 8-10, and 11-14

July 16-20: Ages 8-12 and High School

TYPICAL DAILY SCHEDULE

Ages 3-7

8:30-9:30am	Ice
9:55-10:45am	Dryland
11:00-11:45am	Team Building
	Off-ice Game

Ages 8-High School

9:45-11:45pm	Ice
12:15-1:00pm	Dryland
1:15-2:15pm	Team Building
	Off-ice Game

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

COST PER WEEK

Ages 3-7 Skater \$330 Goalie \$165
 Ages 8-18 Skater \$530 Goalie \$265
Families registering more than one child will receive a \$50 discount off the total of the children's rates (excluding goalies).

WEEK

July 2-6 Ages 3-7 8-12
July 9-13 Ages 3-7 8-10 11-14
July 16-20 Ages 8-12 High School

JERSEY SIZE

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

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

Website: www.rinkrat19.com

Contact us: rinkrat19hs@gmail.com