

The background of the entire image shows two hockey players in black and red uniforms on an ice rink. They are wearing helmets and holding hockey sticks, appearing to be in the middle of a game or practice. The rink has a white wall and a glass barrier in the background.

RINK

SUMMER HOCKEY CAMPS

Limited Spots Available.
WWW.THERINK.CA/CAMP

ELEVATE YOUR GAME

RINK Summer Camps have a variety of options for player & goalies from EDGE Power Skating, Skills to Game, Skating & Skills, 3 on 3 and Tryout Prep! Choose your most convenient location from Gateway Recreation Centre, Seven Oaks Arena & RINK Training Centre. These camps are group training sessions that focus on proper mechanics & techniques in game like situations. Train, Compete and Earn Your Stripes alongside your peers this Summer!



Variety of Skill Development Topics

Dial in your game with new skill develop topics being offered each week. Athletes will learn to observe, correct, and hone their technique in specific areas of their game.

Topics Include: EDGE Power Skating | Skating & Skills | Skills to Game | Tryout Prep | 3 on 3 | Intro to Body Contact | Goalie Specific

Pick your most Convenient Location

This Summer, RINK is offering more camps with more topics at more locations than ever! Flip through this guide and secure your perfect camp topic, during the perfect time at the perfect location.

Locations Include: Gateway Recreation Centre | Seven Oaks Arena | RINK Training Centre



Small Player to Coach Ratio

With a smaller coach to player ratio, each athlete can receive more personalized attention and coaching. Coaches can more easily observe and correct individual technique, offer feedback, and provide tailored instruction to each player. This provides a more focused, personalized, and safe learning environment for athletes.



RINK offers year-round hockey skill development camps & programs in WINNIPEG.
Visit WWW.THERINK.CA or call 204 489-7465
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JULY

SUN	MON	TUE	WED	THUR	FRI	SAT
31	1 CANADA DAY	2	3	4	5	6
		RINK Training Centre				
7	8	9	10	11	12	13
	RINK Training Centre					
14	15	16	17	18	19	20
	RINK Training Centre					
21	22	23	24	25	26	27
	RINK Training Centre					
	Gateway Recreation Centre					
28	29	30	31	1	2	3
	RINK Training Centre					
	Gateway Recreation Centre - Goalie Specific					

AUGUST

SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
4	5 TERRY FOX DAY	6	7	8	9	10
		RINK Training Centre				
		Seven Oaks Arena				
		Keewatin Memorial Arena - Goalie Specific				
14	12	13	14	15	16	17
	RINK Training Centre - Goalie Specific					
	Gateway Recreation Centre					
18	19	20	21	22	23	24
	RINK Training Centre					
	Niverville Recreation Centre					
	Keewatin Memorial Arena					
25	26	27	28	29	30	31
	RINK Training Centre					
	Seven Oaks Arena					



INTRODUCTORY

Our *Introductory* programs welcome players to the game of hockey. Skaters will gain an understanding of their edges, their flats and how to control & pass the puck.

* Indicates 2 week-long program

PROGRAM	DATE	DAY	TIME
Learn to Skate 1	July 7 - Sept 1	Sunday	10:00AM - 10:30AM
Learn to Skate 1	July 7 - Sept 1	Sunday	10:30AM - 11:00AM
Learn to Skate 1	July 7 - Sept 1	Sunday	11:15AM - 11:45AM
Learn to Skate 1	July 7 - Sept 1	Sunday	11:45AM - 12:15PM
Learn to Skate 1	July 7 - Sept 1	Sunday	12:30PM - 1:00PM
Learn to Skate 1	July 7 - Sept 1	Sunday	1:00PM - 1:30PM
Learn to Skate 1*	July 15 - July 25	Mon - Thur	4:45PM - 5:15PM
Learn to Skate 1*	July 15 - July 25	Mon - Thur	5:15PM - 5:45PM
Learn to Skate 2	July 6 - Aug 31	Saturday	9:00AM - 9:45AM
Learn to Skate 2	July 6 - Aug 31	Saturday	10:00AM - 10:45AM
Learn to Skate 2	July 7 - Sept 1	Sunday	9:00AM - 9:45AM
Learn to Skate 2*	July 15 - Sept 25	Mon - Thur	6:00PM - 6:45PM
Intro to Hockey	July 6 - Aug 31	Saturday	11:00AM - 11:50AM
Intro to Hockey	July 6 - Aug 31	Saturday	12:00PM - 12:50PM
Intro to Hockey	July 7 - Sept 1	Sunday	10:00AM - 10:50AM
Intro to Hockey	July 7 - Sept 1	Sunday	11:00AM - 11:50AM
Skills to Game	July 6 - Aug 31	Saturday	1:00PM - 1:50PM
Skills to Game	July 7 - Sept 1	Sunday	12:00PM - 12:50PM
Skills to Game	July 7 - Sept 1	Sunday	1:00PM - 1:50PM
Adult Learn to Skate*	July 15 - July 25	Mon - Thur	6:45PM - 7:30PM



U9

DEVELOPMENT

Our *Development* camps provide players with a platform to accelerate the foundational skills for hockey. Players can expect sessions to isolate basic hockey skills to provide a greater understanding and optimize development.

TOPIC	DATE	TIME
3 on 3	July 2 - July 5	8:00AM - 4:00PM
Skills to Game	July 8 - July 12	8:00AM - 4:00PM
Skills to Game	July 15 - July 19	8:00AM - 4:00PM
Skills to Game	July 22 - July 26	8:00AM - 4:00PM
Skills to Game	July 29 - August 2	8:00AM - 4:00PM
3 on 3	August 6 - August 9	8:00AM - 4:00PM
Tryout Prep Goalie Camp	August 6 - August 8	6:00PM - 7:00PM
Tryout Prep Goalie Camp	August 12 - August 16	8:00AM - 4:00PM
Skating & Skills	August 19 - August 23	8:00AM - 4:00PM
EDGE Power Skating	August 19 - August 23	9:00AM - 5:00PM
Skating & Skills	August 26 - August 30	8:00AM - 4:00PM
Tryout Prep	August 26 - August 30	9:00AM - 5:00PM

EDGE Power Skating

The EDGE Power Skating Program is designed to challenge each skater to the best of their abilities. U9 concentrates on Balance, Body Position, Edge Activation, Forward Stride and Transitions.

Skating & Skills

Skating & Skills incorporates aspects of Power Skating, Shooting & Scoring, and Puck Control programs, giving players a taste of everything we specialize in.

Goalie Specific

Camps will focus on improving key goaltender performance areas such as Position Specific Movement, Rebound Control, Rush Management, Net Play, and Puck Handling.

Skills to Game

Skills to Game is tailored to focus on individual skills which are common in today's game, and then the opportunity to showcase these skills in game like situations. 1/2 session skills, 1/2 session game.

3 on 3

3 on 3 hockey is a fast-paced, high-scoring, high-skilled variant of the traditional game of hockey. Players will participate in a tournament format facing off against multiple teams in the week.

Tryout Prep

Offered exclusively in the last week of summer, this camp is specifically designed to get players back on the ice. Camp features elements of battling, competitiveness, and sweat equity.

RINK TRAINING CENTRE
57 South Landing Dr | Winnipeg, MB

Visit WWW.THERINK.CA or call 204 489-7465
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U11

ADVANCED

Our *Advanced* camps build upon the execution of basic hockey techniques and provide players with an understanding of adjustments they can make to advance their game.

TOPIC	DATE	TIME
3 on 3	July 2 - July 5	8:00AM - 4:00PM
Skills to Game	July 8 - July 12	8:00AM - 4:00PM
Skills to Game	July 15 - July 19	8:00AM - 4:00PM
Skills to Game	July 22 - July 26	8:00AM - 4:00PM
Skills to Game	July 29 - August 2	8:00AM - 4:00PM
3 on 3	August 6 - August 9	8:00AM - 4:00PM
Tryout Prep Goalie Camp	August 6 - August 8	7:15PM - 8:15PM
Tryout Prep Goalie Camp	August 12 - August 16	8:00AM - 4:00PM
Skating & Skills	August 19 - August 23	8:15AM - 4:15PM
EDGE Power Skating	August 19 - August 23	9:00AM - 5:00PM
Skating & Skills	August 26 - August 30	8:15AM - 4:15PM
Tryout Prep	August 26 - August 30	9:00AM - 5:00PM

EDGE Power Skating

The EDGE Power Skating Program is designed to challenge each skater to the best of their abilities. U11 concentrates on Balance, Body Position, Edge Activation, Forward Stride and Tight Turns.

Skating & Skills

Skating & Skills incorporates aspects of Power Skating, Shooting & Scoring, and Puck Control programs, giving players a taste of everything we specialize in.

Goalie Specific

Camps will focus on improving key goaltender performance areas such as Position Specific Movement, Rebound Control, Rush Management, Net Play, and Puck Handling.

Skills to Game

Skills to Game is tailored to focus on individual skills which are common in today's game, and then the opportunity to showcase these skills in game like situations. 1/2 session skills, 1/2 session game.

3 on 3

3 on 3 hockey is a fast-paced, high-scoring, high-skilled variant of the traditional game of hockey. Players will participate in a tournament format facing off against multiple teams in the week.

Tryout Prep

Offered exclusively in the last week of summer, this camp is specifically designed to get players back on the ice. Camp features elements of battling, competitiveness, and sweat equity.

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57 South Landing Dr | Winnipeg, MB

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U13

PERFORMANCE

Our *Performance* camps focus on the refinement of advanced hockey techniques by reinforcing functional movement patterns for each skill.

TOPIC	DATE	TIME
3 on 3	July 2 - July 5	8:00AM - 4:00PM
Skills to Game	July 8 - July 12	8:00AM - 4:00PM
Skills to Game	July 15 - July 19	8:00AM - 4:00PM
Skills to Game	July 22 - July 26	8:00AM - 4:00PM
Skills to Game	July 29 - August 2	8:00AM - 4:00PM
3 on 3	August 6 - August 9	8:00AM - 4:00PM
Tryout Prep Goalie Camp	August 6 - August 8	7:15PM - 8:15PM
Tryout Prep Goalie Camp	August 12 - August 16	8:00AM - 4:00PM
Skating & Skills	August 19 - August 23	8:30AM - 4:30PM
EDGE Power Skating	August 19 - August 23	9:00AM - 5:00PM
Skating & Skills	August 26 - August 30	8:30AM - 4:30PM
Tryout Prep	August 26 - August 30	9:00AM - 5:00PM

EDGE Power Skating

The EDGE Power Skating Program is designed to challenge each skater to the best of their abilities. U13 concentrates on Balance, Body Position, Edge Activation, Tight Turns and Flat Awareness.

Skating & Skills

Skating & Skills incorporates aspects of Power Skating, Shooting & Scoring, and Puck Control programs, giving players a taste of everything we specialize in.

Goalie Specific

Camps will focus on improving key goaltender performance areas such as Position Specific Movement, Rebound Control, Rush Management, Net Play, and Puck Handling.

Skills to Game

Skills to Game is tailored to focus on individual skills which are common in today's game, and then the opportunity to showcase these skills in game like situations. 1/2 session skills, 1/2 session game.

3 on 3

3 on 3 hockey is a fast-paced, high-scoring, high-skilled variant of the traditional game of hockey. Players will participate in a tournament format facing off against multiple teams in the week.

Tryout Prep

Offered exclusively in the last week of summer, this camp is specifically designed to get players back on the ice. Camp features elements of battling, competitiveness, and sweat equity.

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57 South Landing Dr | Winnipeg, MB

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U15

ELITE

Our *Elite* camps are customized to align skills necessary for position specific demands. Programming focuses on individualized techniques and needs in and out of a players competitive season.

TOPIC	DATE	TIME
3 on 3	July 2 - July 5	8:00AM - 4:00PM
Skills to Game	July 8 - July 12	8:00AM - 4:00PM
Skills to Game	July 15 - July 19	8:00AM - 4:00PM
Skills to Game	July 22 - July 26	8:00AM - 4:00PM
Skills to Game	July 29 - August 2	8:00AM - 4:00PM
Intro to Body Contact	July 29 - August 1	6:00PM - 8:15PM
3 on 3	August 6 - August 9	8:00AM - 4:00PM
Skating & Skills	August 19 - August 23	8:30AM - 4:30PM
EDGE Power Skating	August 19 - August 23	9:00AM - 5:00PM
Intro to Body Contact	Aug 19 - 22 Aug 26 - 29	5:30PM - 6:30PM
Skating & Skills	August 26 - August 30	8:30AM - 4:30PM
Tryout Prep	August 26 - August 30	9:00AM - 5:00PM

EDGE Power Skating

The EDGE Power Skating Program is designed to challenge each skater to the best of their abilities. U15 concentrates on Balance, Body Position, Edge Activation, Tight Turns and Flat Awareness.

Skating & Skills

Skating & Skills incorporates aspects of Power Skating, Shooting & Scoring, and Puck Control programs, giving players a taste of everything we specialize in.

Intro to Body Contact

Intro to Body Contact will follow a curriculum focused on all aspects of body contact such as Stick Checks, Angling, Body Checks, Board Play, Steals, and Battles.

Skills to Game

Skills to Game is tailored to focus on individual skills which are common in today's game, and then the opportunity to showcase these skills in game like situations. 1/2 session skills, 1/2 session game.

3 on 3

3 on 3 hockey is a fast-paced, high-scoring, high-skilled variant of the traditional game of hockey. Players will participate in a tournament format facing off against multiple teams in the week.

Tryout Prep

Offered exclusively in the last week of summer, this camp is specifically designed to get players back on the ice. Camp features elements of battling, competitiveness, and sweat equity.

RINK TRAINING CENTRE
57 South Landing Dr | Winnipeg, MB

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GATEWAY RECREATION CENTRE

RINK is thrilled to offer a diverse group of camps this summer at Gateway Recreation Centre. Players will have the option take a Skating & Skills Camp or EDGE Power Skating Camp. * Indicates that Goalie Spots are Available in this camp

TOPIC	AGE	DATE	TIME
Skating & Skills	U7 Introductory	Jul 22 - Jul 26	7:45AM - 8:45AM
Skating & Skills	U7 Introductory	Aug 12 - Aug 16	7:45AM - 8:45AM
EDGE Power Skating*	U9 Development	Aug 12 - Aug 16	8:30AM - 4:30PM
Skating & Skills	U9 Development	Jul 22 - Jul 26	8:30AM - 4:30PM
Ringette EDGE Skating	U9 Development	Jul 22 - Jul 26	8:30AM - 4:30PM
Tryout Prep Goalie Camp	U9 Development	Jul 29 - Aug 2	8:30AM - 4:30PM
EDGE Power Skating*	U11 Advanced	Aug 12 - Aug 16	8:30AM - 4:30PM
Skating & Skills	U11 Advanced	Jul 22 - Jul 26	8:30AM - 4:30PM
Ringette EDGE Skating	U11 Advanced	Jul 22 - Jul 26	8:30AM - 4:30PM
Tryout Prep Goalie Camp	U11 Advanced	Jul 29 - Aug 2	8:30AM - 4:30PM
EDGE Power Skating*	U13 Performance	Jul 24 - Jul 28	8:30AM - 4:30PM
Skating & Skills	U13 Performance	Jul 22 - Jul 26	8:30AM - 4:30PM
Ringette EDGE Skating	U13 Performance	Jul 22 - Jul 26	8:30AM - 4:30PM
Tryout Prep Goalie Camp	U13 Performance	Jul 29 - Aug 2	8:30AM - 4:30PM
Tryout Prep	U15 Elite	Jul 22 - Aug 1	4:15PM - 6:30PM
Tryout Prep	U18 Prospect	Jul 22 - Aug 1	6:45PM - 9:00PM

EDGE Power Skating

RINK's most comprehensive skating curriculum featuring live video review on ice, figure skating session, take home video breaking down your stride, and multi-sport components.

Tryout Prep

This program concentrates on body position both forwards and backwards. Precisely focusing on forwards and backwards stride, crossovers and transitions.

Skating & Skills

Skating & Skills incorporates aspects of Power Skating, Shooting & Scoring, and Puck Control programs, giving players a taste of everything we specialize in.

GATEWAY RECREATION
1717 Gateway Rd | Winnipeg, MB

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SEVEN OAKS ARENA

Seven Oaks Arena camps consist of a daily structure of 2 on-ice sessions, 2 off-ice sessions with RINK Testify Performance, and 2 boardroom/team building sessions.

* Indicates that Goalie Spots are Available in this camp

TOPIC	AGE	DATE	TIME
Skills to Game*	U9 Development	Aug 6 - Aug 9	8:00AM - 4:00PM
Skills to Game*	U11 Advanced	Aug 6 - Aug 9	8:00AM - 4:00PM
Skills to Game*	U13 Performance	Aug 6 - Aug 9	8:00AM - 4:00PM
Tryout Prep*	U9 Development	Aug 26 - Aug 30	8:00AM - 4:00PM
Tryout Prep*	U11 Advanced	Aug 26 - Aug 30	8:00AM - 4:00PM
Tryout Prep*	U13 Performance	Aug 26 - Aug 30	8:00AM - 4:00PM

Skills to Game

Skills to Game is tailored to focus on individual skills which are common in today's game, and then the opportunity to showcase these skills in game like situations. 1/2 session skills, 1/2 session game.

Tryout Prep

Offered exclusively in the last week of summer, this camp is specifically designed to get players back on the ice. Camp features elements of battling, competitiveness, and sweat equity.

SEVEN OAKS ARENA
745 Kingsbury Ave | Winnipeg, MB

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