



To: Coaches

Re: Use of the Bethany Chapel Gym (3333 Richardson Way SW) for dry land practices.

- Please use the West entrance and park in the West lot.
- Doors will be unlocked already.
- Joseph will be the custodian on duty at that time. (Office phone: 403 249-8605)
- In the equipment room of the gym you will find our SCRA Gym Ringette gear (Long red bag). There should be 18 large sticks, 5 small sticks and 8 rings. **Gym sticks are mandatory for this site. Do not use regular ringette sticks.**
- There are indoor floor hockey nets in the room next to the storage room. The nets should have been placed on the floor for us access (not hanging up high on the wall). Check with the custodian if this is not the case.

Please make sure all girls and coaches are wearing INSIDE SHOES that will NOT mark the gym floor. No food or drinks, except for water, in the gym please. Please ensure the gym is returned to the same condition & configuration to which it was found.

If you need an off-ice practice plan please check our website at

<https://southcalgaryringette431736716.files.wordpress.com/2019/05/off-ice-session-gym-ringette.pdf>

Want to submit a practice plan that worked great for your team? Feedback? Please forward to Sandy Hayer at [vpdevelopment@southcalgaryringette.com](mailto:vpdevelopment@southcalgaryringette.com).

Thank you for your support!

Janet Wallace  
Gym Time Program Coordinator  
[wallacej@shaw.ca](mailto:wallacej@shaw.ca)