



To: Coaches

Re: Use of the North Glenmore Park Gym (2231 Longridge Drive SW) for dryland practices.

- Enter through the main doors; the gym is to the left. Doors will be open and there will always be staff on site.
- Contact person: In the office (phone # on the office door in case no one is there).
- If 2 teams are being assigned to the gym time, arrive a bit early to set up the divider. The person in the office can help with this the first time.
- Sticks and rings will be stored in back room by office (ask at office). There are 2 sets of large sticks (4), small sticks (15) and rings (8) for each team. If you need more sticks you can use regular ringette sticks at this site.
- There are 2 sets of nets. Larger set in the equipment room and a smaller set in the corner at the back of the gym. You can ask at the office for help to find these if needed.

Please ensure 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!

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