

# High Performance Conditioning Camp

Callingwood Arenas August 17th - 21st

Monday - Friday

Start Time	End Time	Activity
3:00pm		Sign In
3:30pm	4:30pm	On Ice - Arena B
5:00pm	6:00pm	Fitness
6:00pm		Pick Up

Remember to bring:

- Full equipment
- Sharp skates
- Stick
- Work out clothing and proper footwear
- Waterbottle
- Snack for in between ice time and fitness

**NATIONAL**  
**RINGETTE**  
  
**SCHOOL**