

National Ringette School Richmond Hill Camp 2015 - U10 Group

Monday

7:15-7:30 Sign In
8:00-8:50 On Ice
9:20-10:30 Sign In Activity/Ice Breakers
11:00-11:50 On Ice
12:20-1:00 Lunch
1:00-1:30 Back to Back Drawing
2:00-2:50 On Ice
3:20-4:20 Trivia
4:20-4:35 Sign Out

Tuesday

7:45-8:00 Sign In
8:00-8:30 Group Cohesion- Go!
9:00-9:50 On Ice
10:20-11:00 I Am Determined
11:00-11:40 Lunch
12:00-12:50 On Ice
1:20-2:00 Mental Training Ed's Room
2:00-2:30 Keep It Up
3:00-3:50 On Ice
4:20-4:35 Sign Out

Wednesday

7:45-8:00 Sign In
8:00-9:00 Fitness
9:00-9:30 Off Ice Shooting
10:00-10:50 On Ice
11:10-12:00 Nutrition
12:00-12:30 Lunch
1:00-1:50 On Ice
2:20-3:20 Balloon Wiggle
3:20-4:20 Fitness
4:20-4:35 Sign Out

Thursday

7:15-7:30 Sign In
8:00-8:50 On Ice
9:20-10:00 Stand Strong/Build It
10:00-10:30 HELP!
11:00-11:50 On Ice
12:20-12:50 Lunch
12:50-1:30 Strategy Session Room 203
2:00-2:50 On Ice
3:20-4:20 Fitness
4:20-4:35 Sign Out

Friday

7:45-8:00 Sign In
8:00-8:30 Strategy Session
9:00-9:50 On Ice
10:20-11:30 Snack and Off Ice Shooting
12:00-12:50 On Ice (Game)
1:10-1:50 Lunch
1:50-2:50 Fitness
2:50-3:50 Team Building
3:50-4:20 Warm Fuzzies and Goodbyes
4:20-4:30 Sign Out

REMEMBER TO BRING:

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|-----------------------------|------------------|
| - Nut free lunch and snacks | - Bug spray |
| - Water bottle | - Full equipment |
| - Running shoes | - Sharp skates |
| - Athletic clothes | - Stick(s) |
| - Hat | - Sunscreen |

NATIONAL
RINGETTE
SCHOOL

Late Pick-Up Policy: \$10/15mins. Payable with cash only upon same day pick-up or next day drop-off.

Child will not be permitted to re-join the camp until fee is paid.