

National Ringette School Mt Pleasant Week 2 U14/U16
August 10 - 14, 2015

Monday, Wednesday and Friday		
1:45pm		Sign In
2:15pm	3:15pm	On Ice
3:30pm	4:30pm	Fitness
5:00pm	6:00pm	On Ice
6:15pm		Pick up

Tuesday and Thursday		
1:45pm		Sign In
2:15pm	3:15pm	On Ice
3:30pm	4:30pm	Mental Training
5:00pm	6:00pm	On Ice
6:15pm		Pick Up

Remember to bring: full equipment, stick, water bottle, athletic clothing, running shoes, nut and peanut-free snacks, hat, sunscreen.

NATIONAL
RINGETTE

SCHOOL