

National Ringette School Regina 2016 Camp  
2007 - 2008 Group

**Monday**

7:30am	8:00am	Sign In
8:00am	8:30am	Team Meeting
8:30am	9:30am	Ice Breakers
10:10am	11:00am	Ice
11:15am	12:00pm	Off Ice Shooting
12:00pm	12:30pm	Lunch
12:30pm	1:15pm	Puzzle Race
1:15pm	2:00pm	Cooperative Games
2:30pm	3:20pm	Ice
3:35pm	4:30pm	Snack and Strategy Session
4:30pm		Pick Up

**Tuesday**

	8:00am	Sign In
8:00am	8:45am	Move It, Move It
8:45am	9:45am	Fitness and Snack
10:10am	11:00am	Ice
11:15am	12:00pm	Mental Training
12:00pm	12:30pm	Lunch
12:30pm	1:15pm	Decision Making
1:15pm	2:00pm	Snack and Cooperative Games
2:30pm	3:20pm	Ice
3:35pm	4:30pm	Snack and Strategy Session
4:30pm		Pick Up

**Wednesday**

	8:00am	Sign In
8:00am	8:45am	Ball Race
8:45am	9:45am	Fitness and Snack
10:10am	11:00am	Ice
11:15am	12:00pm	Off Ice Shooting
12:00pm	12:30pm	Lunch
12:30pm	1:15pm	Goal Setting
1:15pm	2:00pm	Hold Up
2:30pm	3:20pm	Ice
3:35pm	4:30pm	Nutrition
4:30pm		Pick Up

**Thursday**

8:00am	8:00am	Sign In
	8:45am	Strategy Session
8:45am	9:45am	Snack and Running Tic Tac Toe
10:10am	11:00am	Ice
11:15am	12:00pm	Cooperative Games
12:00pm	12:30pm	Lunch
12:30pm	1:15pm	Criss Cross
1:15pm	2:00pm	Team Building Activities
2:30pm	3:20pm	Ice
3:35pm	4:30pm	Trivia
4:30pm		Pick Up

**Friday**

8:00am	8:00am	Sign In
8:00am	8:45am	A Place to Stand
8:45am	9:45am	Fitness
10:10am	11:00am	Ice
11:15am	12:00pm	Cooperative Games
12:00pm	12:30pm	Lunch
12:30pm	1:15pm	Strategy Session - Reviews
1:15pm	2:00pm	Scrimmage Prep
2:30pm	3:20pm	Ice - Scrimmage!
3:35pm	4:30pm	Wrap Up Activity
4:30pm		Pick Up



<b>Remember to Bring:</b> Lunch & Snacks, Waterbottle, Water Bottle Athletic Clothes & Shoes Off Ice Stick ( Optional) Sunscreen Hat
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**Late Policy Pick Up: \$10/15mins.**  
**Payable with Cash only upon same day pick- up or next day drop off.**  
**Child will not be permitted to rejoin camp until fee is paid**