

National Ringette School Regina 2016 Camp  
2001 - 2006 Group 1

<b>Monday</b>			<b>Thursday</b>		
7:30am	8:00am	Sign In	7:45am	7:45am	Sign In
8:00am	8:30am	Team Meeting	8:15am	9:15am	Ice - Best Western
9:05am	9:55am	Ice - Prarie Mobile	9:30am	10:30am	Off Ice Shooting
10:15am	11:00am	Snack and Ice Breakers	10:30am	11:00am	A Place to Stand
11:00am	12:00pm	Fitness	11:00am	11:45am	Lunch
12:00pm	12:45pm	Lunch	12:20pm	1:10pm	Ice - Prarie Mobile
1:25pm	2:15pm	Ice - Prarie Mobile	1:30pm	2:30pm	Goal Setting
2:30pm	3:30pm	Nutrition	2:30pm	3:00pm	Hold Up
3:30pm	4:30pm	Running Tic Tac Toe	3:35pm	4:30pm	Ice - Prarie Mobile
4:30pm		Pick Up	4:30pm		Pick Up
<b>Tuesday</b>			<b>Friday</b>		
	7:30am	Sign In	8:00am	8:00am	Sign In
8:00am	8:50am	Ice - Prarie Mobile	8:00am	8:30am	Strategy Session
9:15am	10:00am	Off Ice Shooting	9:05am	9:55am	Ice - Prarie Mobile
10:00am	10:45am	Snack and Move It, Move It	10:15am	11:15am	Fitness
11:15am	12:05pm	Ice - Prarie Mobile	11:15am	12:00pm	Decision Making
12:30pm	1:00pm	Lunch	12:00pm	12:45pm	Lunch and Scrimmage Prep
1:00pm	2:00pm	Puzzle Race and Strategy Session	1:25pm	2:15pm	Ice - Scrimmage! - Prarie Mobile
2:30pm	3:30pm	Ice - RMP	2:30pm	3:30pm	Criss Cross
3:45pm	4:30pm	Mental Training	3:30pm	4:30pm	Wrap Up Activity
4:30pm		Pick Up	4:30pm		Pick Up
<b>Wednesday</b>					
	7:30am	Sign In			
8:00am	8:50am	Ice - Prarie Mobile			
9:15am	9:45am	Snack and Strategy Session			
9:45am	10:45am	Fitness			
11:15am	12:05pm	Ice - Prarie Mobile			
12:30pm	1:00pm	Lunch			
1:00pm	2:00pm	Ball Race			
2:30pm	3:30pm	Ice - RMP			
3:45pm	4:30pm	Trivia			
4:30pm		Pick Up			



**Remember to Bring:**  
Lunch & Snacks, Waterbottle,  
Water Bottle  
Athletic Clothes & Shoes  
Off Ice Stick ( Optional)  
Sunscreen  
Hat

**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**