

National Ringette School Regina 2016 Camp
2001 - 2006 Group 2

Monday

7:30am		Sign In
8:00am	8:50am	Ice - Prarie Mobile
9:15am	10:00am	Team Meeting and Ice Breakers
10:00am	10:45am	Running Tic Tac Toe
11:15am	12:05pm	Ice - Prarie Mobile
12:30pm	1:00pm	Lunch
1:00pm	2:00pm	Goal Setting
2:30pm	3:30pm	Ice - RMP
3:45pm	4:30pm	A Place to Stand
4:30pm		Pick Up

Thursday

8:00am		
8:00am	8:30am	Puzzle Race
9:05am	9:55am	Ice - Prarie Mobile
10:15am	11:15am	Fitness
11:15am	12:00pm	Off Ice Shooting
12:00pm	1:00pm	Lunch and Strategy Session
1:25pm	2:15pm	Ice - Prarie Mobile
2:30pm	3:30pm	Mental Training
3:30pm	4:30pm	Decision Making
4:30pm		Pick Up

Tuesday

7:45am		Sign In
8:15am	9:15am	Ice - Best Western
9:30am	10:30am	Fitness
10:30am	11:15am	Off Ice Shooting
11:15am	12:00pm	Lunch
12:20pm	1:10pm	Ice - Prarie Mobile
1:30pm	2:30pm	Move It, Move It
2:30pm	3:00pm	Snack and Strategy Session
3:35pm	4:30pm	Ice - Prarie Mobile
4:30pm		Pick Up

Friday

7:30am		
8:00am	8:50am	Ice - Prarie Mobile
9:15am	10:00am	Nutrition
10:00am	11:00am	Hold Up
11:15am	12:05pm	Ice - Scrimmage! - Prarie Mobile
12:30pm	1:15pm	Lunch
1:15pm	2:15pm	Trivia
2:15pm	3:30pm	Fitness and Snack
3:30pm	4:30pm	Wrap Up Activity
4:30pm		Pick Up

Wednesday

8:00am	8:00am	
8:00am	8:30am	Ball Race
9:05am	9:55am	Ice - Prarie Mobile
10:15am	11:00am	Criss Cross
11:00am	11:45am	Lunch
12:20pm	1:10pm	Ice - Prarie Mobile
1:30pm	2:30pm	Fitness
2:30pm	3:00pm	Snack and Strategy Session
3:35pm	4:30pm	Ice - Prarie Mobile
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