

## National Ringette School Sault Ste. Marie Camp 2015 ( July 4th - 7th)

### **Monday July 4**

8:15 - 8:30 Sign in  
8:30 - 9:00 Team Meeting & Ice Breakers  
9:30 - 10:30 Ice  
10:45 - 11:15 Snack & Ice Breakers  
11:15 - 11:45 Strategy Session  
11:45 - 12:30 Fitness  
12:30 - 1:00 Lunch  
1:30 - 2:30 Ice  
2:45 - 3:30 Ball Race - Team Building  
3:30-4:00 Goal Setting  
4:00 Sign Out

### **Tuesday July 5**

8:15 - 8:30 Sign in  
8:30 - 9:00 A Place To Stand - Leadership  
9:30 - 10:30 Ice  
10:45 - 11:15 Move It, Move It  
11:15 - 11:45 Snack & Nutrition  
11:45 - 12:30 Fitness  
12:30 - 1:00 Lunch  
1:30 - 2:30 Ice  
2:45 - 3:15 Strategy Session  
3:15 - 4:00 Puzzle Race and Criss Cross  
4:00 Sign out

### **Wednesday July 6**

8:15 - 8:30 Sign In  
8:30 - 9:00 Trivia  
9:30 - 10:30 Ice  
10:45 - 11:30 Fitness  
11:30- 12:30 Off Ice Shooting  
12:30 - 1:00 Lunch  
1:30 - 2:30 Ice  
2:45 - 3:30 Decision Making and Hold Up  
3:30-4:00 Strategy Session  
4:00 Sign Out

### **Thursday July 7**

8:00 Sign in  
8:30 - 9:30 Ice  
9:45 - 10:30 Off Ice Shooting  
10:30 - 11:00 Snack & Mental Training  
11:30 - 12:30 Ice  
12:45 - 1:15 Lunch  
1:15 - 2:00 Running Tic Tac Toe and Warm Fuzzies  
2:30 - 3:30 Ice  
4:00 Sign Out

#### **Remember to Bring:**

Lunch & Snacks, Waterbottle,  
Water Bottle  
Athletic Clothes & Shoes  
Off Ice Stick ( Optional)  
Sunscreen  
Hat

**NATIONAL  
RINGETTE  
SCHOOL**

**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**