

NRS Shooting Clinic

Trico Centre

8:30am	Sign In
9:00am - 10:00am	Ice #1
10:15am - 11:15am	Mental Training
11:30am - 12:30pm	Ice #2
12:45pm - 1:15pm	Lunch
1:15pm - 1:45pm	Team Building
2:00pm - 3:00pm	Fitness
3:15pm - 4:15pm	Ice #3
4:30pm	Sign Out

Remember to bring: full equipment, sharp skates, jersey, stick(s), water bottle, athletic clothing, running shoes, NUT free lunch and snacks.

Contact 403-284-5161 or questions@nationalringetteschool.com with any questions.