

National Ringette School Goderich Camp

July 14th to 16th

Thursday

8:00 - 8:30 Sign in
8:30 - 9:30 Team Meeting/Getting to know you
9:30 - 10:00 Ball Race
10:30 - 11:20 On Ice
11:40 - 12:20 Lunch
12:20 - 1:00 Trivia
1:30 - 2:20 On Ice
2:40 - 3:15 Snack / Goal Setting
3:30 - 4:30 Fitness
4:30 Pick-up

Friday

8:00 - 8:30 Sign in
8:30 - 9:30 Off-ice shooting
9:30 - 10:00 A place to stand
10:30 - 11:20 On Ice
11:40 - 12:20 Lunch
12:20 - 1:00 Hold up
1:30 - 2:20 On Ice
2:40 - 3:15 Strategy
3:30 - 4:30 Nutrition
4:30 Pick-up

Saturday

8:00 - 8:30 Sign in
8:30 - 9:30 Fitness
9:30 - 10:00 Move It, Move It
10:30 - 11:20 On Ice
11:40 - 12:20 Lunch
12:20 - 1:00 Mental Training
1:30 - 2:20 On Ice
2:40 - 3:15 Puzzle race
3:30 - 4:30 Warm-Fuzzies
4:30 Pick-up

Remember to Bring:

Lunch & Snacks,
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