

**National Ringette School Barrie Camp
Group 1**

Monday

7:30 Sign In
 8:00 8:30 Sign in Activity/ Group name
 9:00 9:50 Ice
 10:00 11:00 Ice Breakers
 11:00 12:00 Goal Setting
 12:00 12:30 Lunch
 12:30 1:30 Decision Making
 2:00 2:50 Ice
 3:00 4:00 Activity- Hula Harmony
 4:00 Sign Out

Tuesday

7:30 Sign In
 8:00 8:50 Ice
 9:00 10:00 Off Ice Shooting
 10:00 10:30 Activity- Ball Race
 11:00 11:50 Ice
 12:00 12:30 Lunch
 12:30 1:30 Strategy Session
 2:00 2:50 Ice
 3:00 4:00 Fitness
 4:00 Sign Out

Wednesday

7:30 Sign In
 8:00 8:50 Ice
 9:00 10:00 Strategy Session/ Snack
 10:00 10:30 Activity- Human Knot
 11:00 11:50 Ice
 12:00 12:30 Lunch
 12:30 1:30 Trivia
 2:00 2:50 Ice
 3:00 4:00 Nutrition and Snack
 4:00 Sign Out

Thursday

7:30 Sign In
 8:00 8:50 Ice
 9:00 10:00 Fitness
 10:00 10:30 Activity- Rock, Paper, Scissors
 11:00 11:50 Ice
 12:00 12:30 Lunch
 12:30 1:30 Off Ice Shooting
 2:00 2:50 Ice
 3:00 4:00 Replication
 4:00 Sign Out

Friday

8:00 Sign in
 8:00 8:30 Strategy Session and Snack
 9:00 9:50 Ice
 10:00 11:00 Fitness
 11:00 12:00 Mental Training
 12:00 12:30 Lunch
 12:30 1:30 Wrap up/Warm Fuzzies
 2:00 2:50 Ice- SCRIMMAGE!
 3:00 4:00 Activity- Cards
 4:00 Sign Out

REMEMBER TO BRING:

- Nut free lunch and snacks
- Water bottle
- Running shoes
- Athletic clothes
- Hat
- Bug spray
- Full equipment
- Sharp skates
- Stick(s)
- Sunscreen



Late Pick-Up Policy: \$10/15mins. Payable with cash only upon same day pick-up or next day drop-off. Child will not be permitted to re-join the camp until fee is paid.