## **National Ringette School Barrie Camp** Group 1

Monday		TH	nursday
Sign In	7:30		Sign In
8:30 Sign in Activity/ Group name	8:00	8:50	Ice
9:50 Ice	9:00	10:00	Fitness
11:00 Ice Breakers	10:00	10:30	Activity- Rock, Paper, Scissors
12:00 Goal Setting	11:00	11:50	Ice
12:30 Lunch	12:00	12:30	Lunch
1:30 Decision Making	12:30	1:30	Off Ice Shooting
2:50 Ice	2:00	2:50	Ice
4:00 Activity- Hula Harmony	3:00	4:00	Replication
Sign Out	4:00		Sign Out
Tuesday		I	Friday
Sign In	8:00		Sign in
8:50 Ice	8:00	8:30	Strategy Session and Snack
10:00 Off Ice Shooting	9:00	9:50	Ice
10:30 Activity- Ball Race	10:00	11:00	Fitness
11:50 Ice	11:00	12:00	Mental Training
12:30 Lunch	12:00	12:30	Lunch
1:30 Strategy Session	12:30	1:30	Wrap up/Warm Fuzzies
2:50 Ice	2:00	2:50	Ice- SCRIMMAGE!
4:00 Fitness	3:00	4:00	Activity- Cards
Sign Out	4:00		Sign Out
Wednesday			
Sign In		- Water bottle - Full equipment	
8:50 Ice		- Running shoes - Sharp skates	
10:00 Strategy Session/ Snack			
10:30 Activity- Human Knot	- nat - suiscreen		
11:50 Ice			
12:30 Lunch		NA	TIONAL
1:30 Trivia	D	TNI	CETTE
2:50 Ice	<u>I</u>	TTA	QC11C
	Sign In  8:30 Sign in Activity/ Group name 9:50 Ice 11:00 Ice Breakers 12:00 Goal Setting 12:30 Lunch 1:30 Decision Making 2:50 Ice 4:00 Activity- Hula Harmony Sign Out  Tuesday Sign In 8:50 Ice 10:00 Off Ice Shooting 10:30 Activity- Ball Race 11:50 Ice 12:30 Lunch 1:30 Strategy Session 2:50 Ice 4:00 Fitness Sign Out  Wednesday Sign In 8:50 Ice 10:00 Strategy Session/ Snack 10:30 Activity- Human Knot 11:50 Ice 12:30 Lunch 1:30 Trivia	Sign In       7:30         8:30 Sign in Activity/ Group name       8:00         9:50 Ice       9:00         11:00 Ice Breakers       10:00         12:00 Goal Setting       11:00         12:30 Lunch       12:00         1:30 Decision Making       12:30         2:50 Ice       2:00         4:00 Activity- Hula Harmony       3:00         Sign Out       4:00         Tuesday         Sign In       8:00         8:50 Ice       8:00         10:00 Off Ice Shooting       9:00         10:30 Activity- Ball Race       10:00         11:50 Ice       11:00         12:30 Lunch       12:00         1:30 Strategy Session       12:30         2:50 Ice       2:00         4:00 Fitness       3:00         Sign Out       4:00         REMEMBER         Nut free lu       - Water bot         - Running st       - Athletic cle         - 1:30 Activity- Human Knot       - Hat	Sign In       7:30         8:30 Sign in Activity/ Group name       8:00       8:50         9:50 Ice       9:00       10:00         11:00 Ice Breakers       10:00       10:30         12:00 Goal Setting       11:00       11:50         12:30 Lunch       12:00       12:30         1:30 Decision Making       12:30       1:30         2:50 Ice       2:00       2:50         4:00 Activity- Hula Harmony       3:00       4:00         Tuesday         Sign Out       8:00       8:30         8:50 Ice       8:00       8:30         10:00 Off Ice Shooting       9:00       9:50         10:30 Activity- Ball Race       10:00       11:00         11:50 Ice       11:00       12:00         12:30 Lunch       12:00       12:30         1:30 Strategy Session       12:30       1:30         2:50 Ice       2:00       2:50         4:00 Fitness       3:00       4:00         Sign Out       4:00         REMEMBER TO BRING: <ul> <li>Nut free lunch and sn:</li> <li>Water bottle</li> <li>Running shoes</li> <li>Athletic clothes</li> <li>Hat</li> </ul> 1:30 Lun



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.

3:00

4:00

4:00 Nutrition and Snack

Sign Out