

National Ringette School Barrie Camp Group 2

Monday

8:00 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
 1:00 1:50 Ice
 2:00 3:00 Strategy session/ Snack
 3:00 4:00 Fitness
 4:00 Sign Out

Tuesday

8:00 Sign in
 8:00 8:30 Decision Making
 9:00 9:50 Ice
 10:00 10:30 Activity- Cards
 11:00 11:50 Ice
 12:00 12:30 Lunch
 12:30 1:30 Fitness
 2:00 2:50 Ice
 3:00 4:00 Off Ice Shooting
 4:00 Sign Out

Wednesday

7:30 Sign In
 8:00 8:50 Ice
 9:00 10:00 Nutrition and Snack
 10:00 10:30 Activity- Hula Harmony
 11:00 11:50 Ice
 12:00 12:30 Lunch
 12:30 1:30 Trivia
 1:30 2:30 Group- Rock, Paper, Scissors
 3:00 3:50 Ice
 4:00 Sign Out

Thursday

7:30 Sign In
 8:00 8:50 Ice
 9:00 10:00 Strategy Session and Snack
 10:00 10:30 Activity- Ball Race
 11:00 11:50 Ice
 12:00 12:30 Lunch
 12:30 1:30 Off Ice Shooting
 1:30 2:30 Replication
 3:00 3:50 Ice
 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 Mental Training
 11:00 12:00 Wrap Up/ Warm Fuzzies
 12:00 12:30 Lunch
 1:00 1:50 Ice- Scrimmage!
 2:00 3:00 Activity- Human Knot
 3:00 4:00 Fitness
 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

NATIONAL RINGETTE SCHOOL

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.