

**National Ringette School - Cornwall 2005-2008 Group 2
Aug 13th-17th 2018**

Monday

Start Time	End Time	
8:00am	8:30am	Sign In
8:30am	9:30am	Team Meeting and Ice Breakers
10:00am	10:50am	Ice
11:00am	12:00am	Goal Setting
12:00pm	12:30pm	Lunch
12:30pm	1:20pm	Nutrition
1:50pm	2:50pm	Ice
3:00pm	4:00PM	Activity - Replication
4:00pm		Pick Up

Tuesday

Start Time	End Time	
8:00am		Sign In
8:00am	8:30am	Activity - Human Knot
9:00am	9:50am	Ice
10:00am	11:00am	Mental training
11:00AM	12:00 PM	Fitness
12:00pm	12:30pm	Lunch
1:00pm	1:50pm	Ice
2:00pm	2:30pm	Strategy Session
3:00pm	3:50pm	Ice
	4:00pm	Pick Up

Wednesday

Start Time	End Time	
8:00am		Sign In
8:00am	8:45AM	Fitness
8:45AM	9:30AM	Trivia
10:00am	10:50am	Ice
11:00am	11:30am	Lunch
11:30am	12:30pm	Activity - Holey Tarp
1:00pm	1:50pm	Ice
2:00pm	2:30pm	Off ice shooting
3:00pm	3:50pm	Ice
4:00pm		Pick Up

Thursday

Start Time	End Time	
8:00am		Sign In
8:00am	9:30AM	Strategy Session / Snack
10:00am	10:50am	Ice
11:00am	12:00PM	Fitness
12:00PM	12:30PM	Lunch
12:30PM	1:30PM	Activity - 4 Up
2:00PM	2:50PM	Ice
3:00PM	4:00PM	Activity - Group Rock, Paper, Scissors
4:00PM		Pick Up

Friday

Start Time	End Time	
8:00am		Sign in
8:00am	8:30am	Decision Making
9:00am	9:50am	Ice
10:00am	11:00AM	Strategy Session
11:00AM	12:00PM	Off ice shooting
12:00PM	12:30PM	Lunch
1:00 PM	1:50PM	Ice
2:00PM	2:30PM	Snack / Team Games
3:00PM	3:50 PM	Ice - Scrimmage!
4:00PM		Pick Up

Remember to bring:

Full Equipment, Sharp Skates, Stick(s)
Water Bottle, Running Shoes, Athletic Clothing
Hat, Sunscreen
NUT FREE LUNCH



**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.**