

National Ringette School - Cornwall 2009- 2011 Group 1

Aug 13th-17th 2018

<u>Monday</u>			<u>Thursday</u>		
Start Time	End Time		Start Time	End Time	
8:00am	8:15am	Sign In	8:00am		Sign In
8:15am	8:30am	Team Meeting	8:00am	8:30am	Team Games
9:00am	9:50am	Ice	9:00am	9:50am	Ice
10:00am	11:00AM	Ice breakers	10:00AM	11:00AM	Off ice shooting
11:00AM	11:45am	Goal Setting	11:00am	12:00PM	Activity - Holey Tarp
11:45am	12:20pm	Lunch	12:00pm	12:30PM	Lunch
12:50pm	1:40pm	Ice	1:00pm	1:50pm	Ice
2:00pm	2:30pm	Snack / Team Games	2:00pm	3:00PM	Mental training
3:00pm	4:00pm	Nutrition	3:00pm	4:00PM	Fitness
4:00pm		Pick Up	4:00pm		Pick Up
 <u>Tuesday</u>			 <u>Friday</u>		
Start Time	End Time		Start Time	End Time	
8:00am		Sign In	8:00am		Sign in
8:00am	9:00am	Activity - Replication	8:00am	8:45AM	Strategy Session
9:00am	9:30am	Team Games	8:45am	9:30AM	Activity - 4 Up
10:00am	10:50am	Ice	10:00am	10:50am	Ice
11:00am	12:00pm	Fitness	11:00am	12:00PM	Activity - Group Rock, Paper, Scissors
12:00pm	12:30PM	Lunch	12:00pm	12:30PM	Lunch
12:30PM	1:30pm	Decision making	12:30PM	1:30pm	Trivia
2:00pm	2:50pm	Ice	2:00pm	2:50pm	Ice - Scrimmage!
3:00pm	4:00pm	Strategy Session	3:00pm	4:00pm	Wrap Up / Warm Fuzzies
4:00pm		Pick Up	4:00pm		Pick Up
 <u>Wednesday</u>			 <u>Remember to bring:</u>		
Start Time	End Time		Full Equipment, Sharp Skates, Stick(s)		
8:00am		Sign In	Water Bottle, Running Shoes, Athletic Clothing		
8:00am	8:30am	Strategy Session	Hat, Sunscreen		
9:00am	9:50am	Ice	NUT FREE LUNCH		
10:00am	11:00AM	Off ice shooting	 NATIONAL		
11:00am	12:00 PM	Activity - Human Knot	RINGETTE		
12:00pm	12:30 PM	Lunch	SCHOOL		
12:30PM	1:30pm	Fitness			
2:00pm	2:50pm	Ice	SCHOOL		
3:00 PM	4:00pm	Team games	SCHOOL		
4:00pm		Pick Up	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.**