

National Ringette School - Edmonton 2003-2006
August 13-17 2018

Monday

7:15am		Sign In
8:00am	9:00am	Ice (CWA)
9:15am	10:15am	Sign In Activity/ Group Name
10:45am	11:45am	Ice (CWB)
12:00pm	1:00pm	Lunch and Strategy Session
1:00pm	2:00pm	Ice Breakers
2:30pm	3:30pm	Ice (CWB)
3:45pm	4:30pm	Snack and Team Building
4:30pm		Pick Up

Tuesday

8:00am		Sign In
8:00am	8:45am	Off Ice Shooting
9:15am	10:15am	Ice (CWA)
10:30am	11:30am	Goal Setting
11:30am	12:30pm	Lunch and Strategy Session
1:00pm	2:00pm	Ice (CWA)
2:15pm	3:15pm	Fitness
3:15pm	4:30pm	Activity- Human Knot
4:30pm		Pick Up

Wednesday

7:30am		Sign In
8:00am	9:00am	Ice (CWA)
9:15am	10:15am	Fitness
10:15am	11:15am	Activity- Holey Tarp
11:45am	12:45pm	Ice (CWA)
1:00pm	2:00pm	Lunch and Strategy Session
2:00pm	3:00pm	Activity- Group Rock Paper Scissors
3:30pm	4:30pm	Ice (CWA)
4:30pm		Pick Up

Thursday

8:00am		Sign In
8:00am	8:45am	Nutrition
9:15am	10:15am	Ice (CWA)
10:30am	11:30am	Mental Training
11:30am	12:30pm	Lunch and Team Building
1:00pm	2:00pm	Ice (CWA)
2:15pm	3:15pm	Fitness
3:15pm	4:30pm	Snack and Decision Making
4:30pm		Pick Up

Friday

7:30am		Sign In
8:00am	9:00am	Ice (CWA)
9:15am	10:15am	Off Ice Shooting
10:15am	11:15am	Trivia
11:15am	12:45pm	Ice (CWA)
1:00pm	2:00pm	Lunch and Team Building
2:00pm	3:00pm	Wrap Up / Goodbyes
3:30pm	4:30pm	Ice (CWA) - Scrimmage!
4:30pm		Pick Up

REMEMBER TO BRING:

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

