

**National Ringette School - Edmonton 2007-2008 -1**  
**August 13-17 2018**

**Monday**

7:30am		Sign In
8:15am	9:15am	Ice (CWB)
9:30am	10:30am	Sign In Activity/ Group Name
10:30am	11:30am	Ice Breakers
12:00pm	1:00pm	Ice (CWB)
1:15pm	2:15pm	Lunch and Strategy Session
2:15pm	3:15pm	Fitness
3:15pm	4:30pm	Activity- Human Knot
4:30pm		Pick Up

**Tuesday**

7:45am		Sign In
8:15am	9:15am	Ice (CWB)
9:30am	10:30am	Fitness
10:30am	11:30am	Snack and Off Ice Shooting
12:00pm	1:00pm	Ice (CWB)
1:15pm	2:00pm	Lunch and Strategy Session
2:30pm	3:30pm	Ice (CWB)
3:45pm	4:30pm	Decision Making
4:30pm		Pick Up

**Wednesday**

7:45am		Sign In
8:15am	9:15am	Ice (CWB)
9:30am	10:30am	Goal Setting
10:30am	11:30am	Snack and Off Ice Shooting
12:00pm	1:00pm	Ice (CWB)
1:15pm	2:00pm	Lunch and Strategy Session
2:30pm	3:30pm	Ice (CWB)
3:45pm	4:30pm	Activity- Holey Tarp
4:30pm		Pick Up

**Thursday**

7:45am		Sign In
8:15am	9:15am	Ice (CWB)
9:30am	10:30am	Mental Training
10:30am	11:30am	Snack and Fitness
12:00pm	1:00pm	Ice (CWB)
1:15pm	2:00pm	Lunch and Team Building
2:30pm	3:30pm	Ice (CWB)
3:45pm	4:30pm	Activity - Group Rock Paper Scissors
4:30pm		Pick Up

**Friday**

8:00am		Sign In
8:00am	9:00am	Nutrition
9:30am	10:30am	Ice (CWB)
10:45am	11:45am	Snack and Fitness
11:45am	12:45pm	Lunch and Scrimmage Prep
1:15pm	2:15pm	Ice (CWB) - Scrimmage!
2:30pm	3:30pm	Trivia
3:30pm	4:30pm	Wrap Up / Goodbyes
4:30pm		Pick Up

**REMEMBER TO BRING:**

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