

National Ringette School- Edmonton- 2009-2010 - 1
August 13-17 2018

Monday

| | | |
|---------|---------|------------------------------|
| 8:00am | | Sign In |
| 8:00am | 9:00am | Sign In Activity/ Group Name |
| 9:30am | 10:30am | Ice (CWB) |
| 10:45am | 11:45am | Ice Breaker |
| 11:45am | 12:45pm | Lunch and Strategy Session |
| 1:15pm | 2:15pm | Ice (CWB) |
| 2:30pm | 3:30pm | Team Building- 4Up |
| 3:30pm | 4:30pm | Off Ice Shooting |
| 4:30pm | | Pick Up |

Tuesday

| | | |
|---------|---------|----------------------------|
| 8:00am | | Sign In |
| 8:00am | 9:00am | Goal Setting |
| 9:30am | 10:30am | Ice (CWB) |
| 10:45am | 11:45am | Snack and Human Knot |
| 11:45am | 12:45pm | Lunch and Strategy Session |
| 1:15pm | 2:15pm | Ice (CWB) |
| 2:30pm | 3:30pm | Snack and Hula Harmony |
| 3:30pm | 4:30pm | Fitness |
| 4:30pm | | Pick Up |

Wednesday

| | | |
|---------|---------|----------------------------|
| 8:00am | | Sign In |
| 8:00am | 9:00am | Team Building- Replication |
| 9:30am | 10:30am | Ice (CWB) |
| 10:45am | 11:45am | Snack and Mental Training |
| 11:45am | 12:45pm | Lunch and Strategy Session |
| 1:15pm | 2:15pm | Ice (CWB) |
| 2:30pm | 3:30pm | Snack and Holey Tarp |
| 3:30pm | 4:30pm | Off Ice Shooting |
| 4:30pm | | Pick Up |

Thursday

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

Friday

| | | |
|---------|---------|-----------------------------------|
| 8:00am | | Sign In |
| 8:00am | 9:00am | Nutrition |
| 9:00am | 10:15am | Fitness and Snack |
| 10:45am | 11:45am | Ice (CWB) |
| 12:00pm | 1:00pm | Lunch and Strategy Session Review |
| 1:00pm | 2:00pm | Scrimmage Prep |
| 2:30pm | 3:30pm | Ice (CWB) - Scrimmage! |
| 3:45pm | 4:30pm | Wrap Up / Warm Fuzzies |
| 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.