

National Ringette School - Edmonton 2009-2010-2
August 13-17 2018

Monday

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

Tuesday

8:00am		Sign In
8:00am	9:00am	Activity- Group Rock Paper Scissors
9:00am	10:00am	Snack and Off Ice Shooting
10:30am	11:30am	Ice (CWA)
11:45am	12:45pm	Lunch and Strategy Session
12:45pm	1:45pm	Team Building - 4Up
2:15pm	3:15pm	Ice (CWA)
3:30pm	4:30pm	Nutrition
4:30pm		Pick Up

Wednesday

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

Thursday

8:00am		Sign In
8:00am	9:00am	Decision Making
9:00am	10:00am	Fitness
10:30am	11:30am	Ice (CWA)
11:45am	12:45pm	Lunch
12:45pm	1:45pm	Activity- All Aboard
2:15pm	3:15pm	Ice (CWA)
3:30pm	4:30pm	Team Building- Replication
4:30pm		Pick Up

Friday

8:00am		Sign In
8:00am	9:00am	Fitness
9:00am	10:00am	Trivia
10:30am	11:30am	Ice (CWA)
11:45am	12:45pm	Lunch and Strategy Session Review
12:45pm	1:45pm	Scrimmage Prep
2:15pm	3:15pm	Ice (CWA) - Scrimmage!
3:30pm	4:30pm	Wrap Up / Goodbyes
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 |

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.