

**National Ringette School Lacombe Camp  
August 27th to 31st -- Group 1**

**Monday**

8:00am Sign In  
 8:15-8:45am Sign In Activity/ Group Name  
 9:15-10:15am Ice  
 10:30-11:30am Ice Breakers  
 11:30am-12:00pm Lunch  
 12:00-1:00pm Off Ice Shooting  
 1:00-1:45pm Goal Setting  
 2:15-3:15pm Ice  
 3:30-4:30pm Snack & Team Building- 4Up  
 4:30pm Pick up

**Thursday**

8:00am Sign In  
 8:00-8:45am Strategy Session  
 9:15-10:15am Ice  
 10:30-11:15am Snack and Human Knot  
 11:15-12:00pm Nutrition  
 12:00-12:30pm Lunch  
 1:00-2:00pm Ice  
 2:10-3:15pm Mental Training  
 3:30-4:30pm Ice  
 4:30pm Pick up

**Tuesday**

8:00am Sign In  
 8:00-8:45am Fitness  
 9:15-10:15am Ice  
 10:30-11:15am Snack and Group Rock Paper Scissors  
 11:15-12:00pm Decision Making  
 12:00-12:30pm Lunch  
 1:00-2:00pm Ice  
 2:10-3:15pm Strategy Session  
 3:30-4:30pm Ice  
 4:30pm Pick up

**Friday**

8:00am Sign In  
 8:00-9:00am Fitness  
 9:00-10:00am Snack and Hula Harmony  
 10:30-11:30am Ice  
 11:45am-12:15pm Lunch  
 12:15-1:15pm Team Games  
 1:15-2:15pm Strategy Session  
 2:15-3:00pm Wrap Up / Warm Fuzzies  
 3:30-4:30pm Ice - Scrimmage!  
 4:30pm Pick Up

**Wednesday**

7:30am Sign In  
 8:00-9:00am Ice  
 9:10-10:15am Snack & Trivia  
 10:30-11:30am Ice  
 11:45am-12:45pm Fitness  
 12:45-1:15pm Lunch  
 1:15-1:45pm Holey Tarp  
 2:15-3:15pm Ice  
 3:30-4:30pm Team Building- Replication  
 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

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.

