

**National Ringette School Lacombe Camp
August 27th to 31st -- Group 2**

Monday

8:00am Sign In
 8:00-9:00am Sign In Activity/ Group Name
 9:00-10:00am Ice Breaker
 10:30-11:30am Ice
 11:45am-12:15pm Lunch
 12:15-1:15pm Off Ice Shooting
 1:15-2:15pm Fitness
 2:15-3:00pm Goal Setting
 3:30-4:30pm Ice
 4:30pm Pick Up

Thursday

7:30am Sign In
 8:00-9:00am Ice
 9:10-10:15am Team Building- 4Up
 10:30-11:30am Ice
 11:45am-12:15pm Lunch
 12:15-1:15pm Mental Training
 1:15-1:45pm Strategy Session
 2:15-3:15pm Ice
 3:30-4:30pm Fitness and Snack
 4:30pm Pick up

Tuesday

7:30am Sign In
 8:00-9:00am Ice
 9:10-10:15am Snack and Strategy Session
 10:30-11:30am Ice
 11:45am-12:15pm Lunch
 12:15-1:15pm Team Building- Replication
 1:15-1:45pm Decision Making
 2:15-3:15pm Ice
 3:30-4:30pm Team Games
 4:30pm Pick up

Friday

8:00am Sign In
 8:15-8:45am Group Rock Paper Scissors
 9:15-10:15am Ice
 10:30-11:30am Fitness
 11:30am-12:00pm Lunch
 12:00-1:00pm Human Knot
 1:00-1:45pm Strategy Session Review
 2:15-3:15pm Ice
 3:30-4:30pm Wrap Up / Warm Fuzzies
 4:30pm Pick up

Wednesday

8:00am Sign In
 8:00-8:45am Holey Tarp
 9:15-10:15am Ice
 10:30-11:15am Snack and Hula Harmony
 11:15-12:00pm Nutrition
 12:00-12:30pm Lunch
 1:00-2:00pm Ice
 2:10-3:15pm Trivia
 3:30-4:30pm Ice
 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.

