

National Ringette School- Mount Pleasant Week 2 - U14 Dynamite Teams
August 13 - 17 2018

Start Time	End Time	Monday	Start Time	End Time	Wednesday	Start Time	End Time	Friday
8:00		Drop Off	8:00		Drop Off	7:30		Drop Off
8:00	9:00	Sign In Activity/ Group Name	8:00	8:45	Strategy Session & Snack	8:00	9:00	Ice
9:00	10:00	Ice Breakers & Snack	9:05	9:55	Ice	9:30	10:30	Trivia & Snack
10:30	11:30	Ice	10:25	11:25	Fitness	10:30	11:20	Mental Training
12:00	12:30	Lunch	11:25	11:50	Lunch	11:45	12:45	Ice
12:30	1:15	Goal Setting	12:20	1:10	Ice	1:15	1:45	Lunch
1:15	1:45	Activity- Holey Tarp & Snack	1:40	2:40	Nutrition & Snack	2:15	3:15	Ice - Scrimmage!
2:15	3:15	Ice	2:40	3:10	Activity- Group Rock Paper Scissors	3:45	4:30	Wrap Up/ Warm Fuzzies & Snack
3:45	4:30	Fitness	3:35	4:30	Ice	4:30		Pick Up
4:30		Pick Up	4:30		Pick Up			
Start Time	End Time	Tuesday	Start Time	End Time	Thursday			
7:30		Drop Off	8:00		Drop Off			
8:00	9:00	Ice	8:00	9:00	Strategy Session			
9:30	10:30	Strategy Session & Snack	9:00	10:00	Off Ice Shooting & Snack			
10:30	11:15	Off Ice Shooting	10:30	11:30	Ice			
11:45	12:45	Ice	12:00	12:30	Lunch			
1:00	1:30	Lunch	12:30	1:30	Fitness			
1:30	3:00	Swimming!	1:30	1:45	Team Building - Replication & Snack			
3:30	4:30	Ice	2:15	3:15	Ice			
4:30		Pick Up	3:45	4:30	Decision Making			
			4:30		Pick Up			

**Remember to bring:
 Full equipment, sharp
 skates, stick(s), water
 bottle, running shoes,
 athletic clothing, hat,
 sunscreen, swimsuit and
 towel, NUT FREE LUNCH &
 SNACKS**

Late Pick-Up Policy: \$10/15 mins. 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 the fee is paid.

