

**National Ringette School - Halifax Dynamite Teams
August 20th-24th 2018**

Monday

Start Time	End Time	
8:30am		Sign In
8:30am	9:00am	Group Name Activity and Icebreakers
9:00am	10:00am	Fitness and Snack
10:30am	11:20am	Ice
11:35am	12:15pm	Lunch
12:15pm	1:00pm	Goal Setting
1:30pm	2:20pm	Ice
2:30pm	3:30pm	Off Ice Shooting and Snack
3:30pm	4:30pm	Team Building- Replication
4:30pm		Pick Up

Tuesday

Start Time	End Time	
8:30am		Sign In
8:30am	9:30am	Human Knot
9:30am	10:00am	Strategy Session and Snack
10:30am	11:20am	Ice
11:35am	12:15pm	Lunch
12:15pm	1:00pm	4-up and Team Games
1:30pm	2:20pm	Ice
2:35pm	3:30pm	Snack and Rock Paper Scissors
3:30pm	4:30pm	Team Games- Relay Race
4:30pm		

Wednesday

Start Time	End Time	
8:30am		Sign In
8:30am	9:00am	Team Games
9:00am	10:00am	Strategy Session and Snack
10:30am	11:20am	Ice
11:35am	12:15pm	Lunch
12:15pm	1:00pm	Nutrition
1:30pm	2:20pm	Ice
2:35pm	3:30pm	Off Ice Shooting and Snack
3:30pm	4:30pm	Team Games
4:30pm		Pick Up

Thursday

Start Time	End Time	
8:30am		Sign In
8:30am	9:30am	Fitness
9:30am	10:00am	Strategy Session and Snack
10:30am	11:20am	Ice
11:35am	12:15pm	Lunch
12:15pm	1:00pm	Mental Training
1:30pm	2:20pm	Ice
2:30pm	3:30pm	Off Ice Shooting
3:30pm	4:30pm	Team Games
4:30pm		Pick Up

Friday

Start Time	End Time	
8:30am		Sign in
8:30am	9:30am	Fitness and Snack
9:30am	10:00am	Holey Tarp
10:30am	11:20am	Ice
11:35am	12:15pm	Lunch
12:15pm	1:00pm	Trivia
1:30pm	2:20pm	Ice- Scrimmage!
2:30pm	3:00pm	Snack
3:00pm	4:30pm	Warm and Fuzzies/ 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.**