

**National Ringette School - Halifax Top Gun
August 20th-24th 2018**

Monday

Start Time	End Time	
8:30am		Sign In
8:30am	9:00am	Team Meeting / Ice Breakers and Snack
9:30am	10:20am	Ice
10:30am	11:30am	Fitness
11:30am	12:00pm	Lunch
12:30pm	1:20pm	Ice
1:30am	2:00pm	Goal Setting
2:00pm	3:00pm	Team Building- Replication and Snack
3:30pm	4:20pm	Ice
4:30pm		Pick Up

Tuesday

Start Time	End Time	
8:30am		Sign In
8:30am	9:00am	Human Knot and Snack
9:30am	10:20am	Ice
10:30am	11:30am	Mental Training
11:30am	12:00pm	Lunch
12:30pm	1:20pm	Ice
1:30pm	2:00pm	Decision Making
2:00pm	3:00pm	Off Ice Shooting and Snack
3:30pm	4:20pm	Ice
4:30pm	4:30pm	Pick Up

Wednesday

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

Thursday

Start Time	End Time	
8:30am		Sign In
8:30am	9:00am	Rock Paper Scissors and Snack
9:30am	10:20am	Ice
10:30am	11:30am	Trivia
11:30am	12:00pm	Lunch
12:30pm	1:20pm	Ice
1:30pm	2:15pm	Strategy Session
2:15pm	3:00pm	4up
3:30pm	4:20pm	Ice
4:30pm	4:30pm	Pick Up

Friday

Start Time	End Time	
8:30am		Sign In
8:30am	9:00am	Off Ice Shooting and Snack
9:30am	10:20am	Ice
10:30am	11:30am	Strategy Session
11:30am	12:00pm	Lunch
12:30pm	1:20pm	Ice
1:30pm	2:30pm	Holey Tarp and Snack
2:30pm	3:00pm	Warm and fuzzies/Goodbyes
3:30pm	4:20pm	Ice
4:30pm	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.**