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

		Monday			Thursday
Start Time	End Time		Start Time	End Time	
8:30am		Sign In	8:30am		Sign In
8:30am	9:00am	Team Meeting / Ice Breakers and Snack	8:30am	9:00am	Rock Paper Scissors and Snack
9:30am	10:20am	Ice	9:30am	10:20am	Ice
10:30am	11:30am	Fitness	10:30am	11:30am	Trivia
11:30am	12:00pm	Lunch	11:30am	12:00pm	Lunch
12:30pm	1:20pm	Ice	12:30pm	1:20pm	Ice
1:30am	2:00pm	Goal Setting	1:30pm	2:15pm	Strategy Session
2:00pm	3:00pm	Team Building- Replication and Snack	2:15pm	3:00pm	4up
3:30pm	4:20pm	Ice	3:30pm	4:20pm	Ice
4:30pm		Pick Up	4:30pm	4:30pm	Pick Up
		-			esta
Start Time	End Time	<u>Tuesday</u>	Start Time	End Time	<u>Friday</u>
8:30am	End Time	Sign In	8:30am	Ena Time	Sign in
8:30am	9:00am	Sign In Human Knot and Snack	8:30am	9:00am	Off Ice Shooting and Snack
	10:20am	Ice	9:30am	10:20am	•
9:30am	10:20am 11:30am	177	9:30am 10:30am	10:20am 11:30am	Ice Strategy Cossien
10:30am	11:30am 12:00pm	Mental Training	10:30am 11:30am	11:30am 12:00pm	Strategy Session
11:30am 12:30pm	•	Lunch	11:30am 12:30pm	1:200pm	Lunch
1:30pm	1:20pm 2:00pm	Ice Decision Making	1:30pm	2:30pm	Ice Holey Tarp and Snack
	•	9			, ,
2:00pm	3:00pm 4:20pm	Off Ice Shooting and Snack Ice	2:30pm 3:30pm	3:00pm 4:20pm	Warm and fuzzies/Goodbyes Ice
3:30pm		rice Pick Up			
4:30pm	4:30pm	Wednesday	4:30pm	4:30pm	Pick Up
Start Time	End Time	weunesday		ER TO BRING:	
8:30am	Liid Iiiile	Sign In	- Nut free - Water b	lunch and snack	
8:30am	9:00am	Fitness and Snack	- Water b		- Full equipment - Sharp skates
9:30am	10:20am	Ice	- Athletic		- Stick(s)
10:30am	11:30am	Strategy Session	- Hat		- Sunscreen
11:30am	12:00pm	Lunch			1
12:30pm	1:20pm	Ice		NA	ATIONAL
1:30pm	2:20pm	Mental Training and Snack	1	DIN	IGETTE
2:30pm	3:00pm	Nutrition	2		CLIL
3:30pm	4:20pm	Ice	III)		
4:30pm		Pick Up		\ (HCMNI.
			•		

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.