

National Ringette School - Moncton 2003-2006 Group 3

August 27th- August 31st

Monday

Start Time	End Time	
7:30am		Sign In
8:00am	9:00am	Ice
9:15am	10:15am	Team Meeting and Ice Breakers
10:30am	11:00am	Fitness and Snack
11:45am	12:45pm	Ice
1:00pm	1:30pm	Lunch
1:30pm	2:00pm	Activity- Replication
2:00pm	3:00pm	Goal Setting and Snack
3:30pm	4:30pm	Ice
4:30pm		Pick Up

Tuesday

Start Time	End Time	
8:00am		Sign In
8:00am	8:45am	Mental Training and Snack
9:15am	10:15am	Ice
10:30am	11:30am	Fitness
11:30am	12:30pm	Lunch
1:00pm	2:00pm	Ice
2:15pm	3:00pm	Off Ice Shooting
3:00pm	3:30pm	Snack and Decision Making
3:30pm	4:30pm	Activity- Human Knot
4:30pm		Pick Up

Wednesday

Start Time	End Time	
7:30am		Sign In
8:00am	8:50am	Ice
9:05am	9:55am	Snack and Strategy Session
10:15am	10:45am	Off Ice Shooting
11:15am	12:05pm	Ice
12:20pm	1:00pm	Lunch
1:00pm	2:00pm	Nutrition
2:30pm	3:20pm	Ice
3:35pm	4:30pm	Snack and Activity- Holey Tarp
4:30pm		Pick Up

Thursday

Start Time	End Time	
8:00am		Sign In
8:00am	8:45am	Fitness
9:15am	10:15am	Ice
10:30am	11:30am	Activity- Group Rock, Paper, Scissors
11:30am	12:30pm	Lunch
1:00pm	2:00pm	Ice
2:15pm	3:00pm	Off Ice Shooting
3:00pm	3:30pm	Snack and Trivia
3:30pm	4:30pm	Team Games
4:30pm		Pick Up

Friday

Start Time	End Time	
7:30am		Sign in
8:00am	9:00am	Ice
9:15am	10:15am	Fitness and Snack
10:15am	11:00am	Strategy Session
11:45am	12:45pm	Ice
1:00pm	1:30pm	Lunch
1:30pm	2:15pm	Team Games
2:15pm	3:00pm	Snack and Goodbyes
3:30pm	4:30pm	Ice - Scrimmage!
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.**