

**National Ringette School - Moncton 2007-2008 Group 2**  
**August 27th- August 31st**

<u>Monday</u>			<u>Thursday</u>		
Start Time	End Time		Start Time	End Time	
8:00am		Sign In	7:30am		Sign In
8:00am	8:45am	Team Meeting and Ice Breakers	8:00am	9:00am	Ice
9:15am	10:15am	Ice	9:15am	10:15am	Snack and Fitness
10:30am	11:30am	Fitness	10:30am	11:15am	Activity- 4 Up
11:30am	12:30pm	Lunch	11:45am	12:45pm	Ice
1:00pm	2:00pm	Ice	1:00pm	1:30pm	Lunch
2:15am	2:45pm	Goal Setting	1:30pm	2:15pm	Nutrition
2:45pm	3:00pm	Snack	2:15pm	3:00pm	Off Ice Shooting
3:00pm	4:30pm	Team Games	3:30pm	4:30pm	Ice
4:30pm		Pick Up	4:30pm		Pick Up
<u>Tuesday</u>			<u>Friday</u>		
Start Time	End Time		Start Time	End Time	
7:30am		Sign In	8:00am		Sign in
8:00am	9:00am	Ice	8:00am	8:45am	Fitness and Snack
9:15am	10:15am	Snack and Activity- Human Knot	9:15am	10:15am	Ice
10:30am	11:15am	Mental Training	10:30am	11:00am	Strategy Session
11:45am	12:45pm	Ice	11:00am	12:45pm	Activity- Rock, Paper, Scissors
1:00pm	1:30pm	Lunch	12:00pm	12:30pm	Lunch
1:30pm	2:00pm	Off Ice Shooting	1:00pm	2:00pm	Ice- Scrimmage!
2:00pm	3:00pm	Fitness and Snack	2:00pm	3:00pm	Trivia
3:30pm	4:30pm	Ice	3:30pm	4:30pm	Activity- Holey Tarp
4:30pm		Pick Up	4:30pm		Pick Up
<u>Wednesday</u>					
Start Time	End Time				
8:00am		Sign In			
8:00am	8:35am	Fitness			
9:05am	9:55am	Ice			
10:15am	11:15am	Strategy Session			
11:15am	11:50pm	Lunch			
12:20pm	1:10pm	Ice			
1:00pm	2:00pm	Activity- Replication			
2:00pm	3:00pm	Snack and Off Ice Shooting			
3:35pm	4:25pm	Ice			
4:30pm		Pick Up			

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|-----------------------------|------------------|
| <b>REMEMBER TO BRING:</b>   |                  |
| - Nut free lunch and snacks | - Bug spray      |
| - Water bottle              | - Full equipment |
| - Running shoes             | - Sharp skates   |
| - Athletic clothes          | - Stick(s)       |
| - Hat                       | - Sunscreen      |



**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.**