

## National Ringette School - Moncton 2009-2010 Group 1

August 27th- August 31st

<u>Monday</u>			<u>Thursday</u>		
Start Time	End Time		Start Time	End Time	
7:30am	8:00am	Sign In	8:00am		Sign In
8:00am	9:00am	Team Meeting and Ice Breakers	8:00am	9:00am	Team Building
9:00am	10:00am	Fitness and Snack	9:00am	10:00am	Snack and Strategy Session
10:30am	11:30am	Ice	10:30am	11:30am	Ice
11:45am	12:30pm	Lunch	11:45am	12:30pm	Lunch
12:30pm	1:00pm	Team Activity- Replication	12:30pm	1:00pm	Activity- 4 Up
1:00pm	1:45pm	Goal Setting	1:00pm	1:45pm	Mental Training
2:15pm	3:15pm	Ice	2:15pm	3:15pm	Ice
3:30pm	4:30pm	Snack and Human Knot	3:30pm	4:30pm	Snack and Off Ice Shooting
4:30pm		Pick Up	4:30pm		Pick Up
 <u>Tuesday</u>			 <u>Friday</u>		
Start Time	End Time		Start Time	End Time	
8:00am		Sign In	8:00am		Sign in
8:00am	9:00am	Team Games and Mental Training	8:00am	9:00am	Fitness
9:00am	10:00am	Snack and Nutrition	9:00am	10:00am	Snack and Strategy Session
10:30am	11:30am	Ice	10:30am	11:30am	Ice
11:45am	12:30pm	Lunch	11:45am	12:30pm	Lunch
12:30pm	1:00pm	Decision Making	12:30pm	1:00pm	Off Ice Shooting
1:00pm	1:45pm	Strategy Session	1:00pm	1:45pm	Trivia
2:15pm	3:15pm	Ice	2:15pm	3:15pm	Ice- Scrimmage!
3:30pm	4:30pm	Snack and Holey Tarp	3:30pm	4:30pm	Team Games and Goodbyes
4:30pm		Pick Up	4:30pm		Pick Up
 <u>Wednesday</u>			 <b>REMEMBER TO BRING:</b>		
Start Time	End Time		<ul style="list-style-type: none"> <li>- Nut free lunch and snacks</li> <li>- Water bottle</li> <li>- Running shoes</li> <li>- Athletic clothes</li> <li>- Hat</li> <li>- Bug spray</li> <li>- Full equipment</li> <li>- Sharp skates</li> <li>- Stick(s)</li> <li>- Sunscreen</li> </ul>		
8:00am		Sign In			
8:00am	8:30am	Activity- Group Rock, Paper, Scissors			
8:30am	9:30am	Fitness and Snack			
10:10am	11:00am	Ice			
11:45am	12:30pm	Lunch			
12:45pm	1:00pm	Off Ice Shooting			
1:25pm	2:15pm	Ice			
2:30pm	3:30pm	Strategy Session			
3:30pm	4:30pm	Snack and Team Games			
4:30pm		Pick Up			

**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.**