

**National Ringette School Richmond Hill Camp
August 13 to 17th, 2018 -- 2003-2006 Group**

Monday

Start Time	End Time	
7:45		Sign In
8:15	9:05	Ice
9:20	10:00	Sign In Activity/ Group Name
10:00	10:45	Ice Breakers
11:15	12:05	Ice
12:20	12:45	Lunch
12:45	1:45	Goal Setting
2:15	3:05	Ice
3:20	4:15	Decision Making
4:15		Sign Out

Tuesday

Start Time	End Time	
7:45		Sign In
7:45	8:45	Fitness
8:45	9:45	Strategy Session & Snack
10:15	11:05	Ice
11:20	12:20	Nutrition
12:20	12:45	Lunch
1:15	2:05	Ice
2:20	2:45	Activity-Human Knot
3:15	4:05	Ice
4:15		Sign Out

Wednesday

Start Time	End Time	
7:45		Sign In
8:15	9:05	Ice
9:20	10:20	Off Ice Shooting
10:20	10:45	Activity-Group Rock Paper Scissors
11:15	12:05	Ice
12:20	12:45	Lunch
12:45	1:45	Fitness
2:15	3:05	Ice
3:20	4:15	Trivia
4:15		Sign Out

Thursday

Start Time	End Time	
7:45		Sign In
7:45	8:45	Strategy Session & Snack
9:15	10:05	Ice
10:20	11:20	Mental Training
11:20	11:45	Lunch
12:15	1:05	Ice
1:20	2:20	Off Ice Shooting
2:20	3:20	Fitness
3:20	4:15	Team Building-Replication
4:15		Sign Out

Friday

Start Time	End Time	
7:45		Sign In
7:45	8:45	Fitness
8:45	9:45	Strategy Session & Snack
10:15	11:05	Ice
11:20	12:20	Activity-Ball Race
12:20	12:45	Lunch
1:15	2:05	Ice-Scrimmage!
2:20	3:20	Wrap Up/Warm Fuzzies
3:20	4:15	Activity-Hula Harmony
4:15		Sign Out

**Remember to bring:
Full equipment, sharp skates, stick(s),
water bottle, running shoes, athletic
clothing, hat, sunscreen, NUT FREE LUNCH
& SNACKS**



**Late Pick-Up Policy: \$10/15 mins. 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 the fee is paid.**