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

Start Time	Monday				Thursday		
8:15 9:05 Ice 7:45 8:45 Strategy Session & Snack 9:20 10:00 Sign In Activity/ Group Name 9:15 10:05 Ice 10:00 10:45 Ice Breakers 10:20 11:20 Mental Training 11:15 12:05 Ice 11:20 11:45 Lunch 12:20 12:45 Lunch 12:15 1:05 Ice 12:45 1:45 Goal Setting 1:20 2:20 Off Ice Shooting 12:15 3:05 Ice 2:20 3:20 Fitness 13:20 4:15 Decision Making 3:20 4:15 Team Building-Replication 12:15 Sign Out 4:15 Sign Out Tuesday Friday	Start Time	End Time		Start Time	End Time		
9:20 10:00 Sign In Activity/ Group Name 9:15 10:05 Ice 10:00 10:45 Ice Breakers 10:20 11:20 Mental Training 11:15 12:05 Ice 11:20 11:45 Lunch 12:20 12:45 Lunch 12:15 1:05 Ice 12:45 1:45 Goal Setting 1:20 2:20 Off Ice Shooting 2:15 3:05 Ice 2:20 3:20 Fitness 3:20 4:15 Decision Making 3:20 4:15 Team Building-Replication 4:15 Sign Out 4:15 Friday Tuesday Tuesday Tuesday Tuesday Tuesday Tuesday	7:45		Sign In	7:45		Sign In	
10:00	8:15	9:05	Ice	7:45	8:45	Strategy Session & Snack	
11:15	9:20	10:00	Sign In Activity/ Group Name	9:15	10:05	Ice	
12:20	10:00	10:45	Ice Breakers	10:20	11:20	Mental Training	
12:45 1:45 Goal Setting 1:20 2:20 Off Ice Shooting 2:15 3:05 Ice 2:20 3:20 Fitness 3:20 4:15 Decision Making 3:20 4:15 Team Building-Replication 4:15 Sign Out 4:15 Sign Out Friday Start Time End Time 7:45 Sign In 7:45 Sign In 7:45 8:45 Fitness 7:45 8:45 Fitness 8:45 9:45 Strategy Session & Snack 8:45 9:45 Strategy Session & Snack 10:15 11:05 Ice 10:15 11:05 Ice 11:20 12:20 Nutrition 11:20 12:20 Activity-Ball Race 12:20 12:45 Lunch 12:20 Activity-Ball Race 12:20 12:45 Lunch 12:20 I2:45 Lunch 2:20 2:45 Activity-Human Knot 2:20 3:20 Wrap Up/Warm Fuzzies 3:15 4:05 Ice 3:20 4:15 Activity-Hula Harmo	11:15	12:05	Ice	11:20	11:45	Lunch	
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3:20	12:45	1:45	Goal Setting	1:20	2:20	Off Ice Shooting	
### Activity-Human Knot ### Activity-Human Knot ### Sign Out Start Time	2:15	3:05	Ice	2:20	3:20	Fitness	
Tuesday Friday	3:20	4:15	Decision Making	3:20	4:15	Team Building-Replication	
Start Time End Time 7:45 Sign In 7:45 Sign In 7:45 8:45 Fitness 7:45 8:45 Fitness 8:45 9:45 Strategy Session & Snack 8:45 9:45 Strategy Session & Snack 10:15 11:05 Ice 10:15 11:05 Ice 11:20 12:20 Nutrition 11:20 12:20 Activity-Ball Race 12:20 12:45 Lunch 12:20 12:45 Lunch 1:15 2:05 Ice 1:15 2:05 Ice-Scrimmage! 2:20 2:45 Activity-Human Knot 2:20 3:20 Wrap Up/Warm Fuzzies 3:15 4:05 Ice 3:20 4:15 Activity-Hula Harmony 4:15 Sign Out 4:15 Sign Out **Beam Bear to bring: **Full equipment, sharp skates, stick(s), **water bottle, running shoes, athletic clothing, hat, sunscreen, NUT FREE LUNCH 8:NACKS **PATIONAL*	4:15		Sign Out	4:15		Sign Out	
7:45 Sign In 7:45 Sign In 7:45 8:45 Fitness 7:45 8:45 Fitness 8:45 9:45 Strategy Session & Snack 8:45 9:45 Strategy Session & Snack 10:15 11:05 Ice 10:15 11:05 Ice 11:20 12:20 Nutrition 11:20 12:20 Activity-Ball Race 12:20 12:45 Lunch 12:20 12:45 Lunch 1:15 2:05 Ice 1:15 2:05 Ice-Scrimmage! 2:20 2:45 Activity-Human Knot 2:20 3:20 Wrap Up/Warm Fuzzies 3:15 4:05 Ice 3:20 4:15 Activity-Hula Harmony 4:15 Sign Out 4:15 Sign Out **Remember to bring: **Full equipment, sharp skates, stick(s), **water bottle, running shoes, athletic 8:15 9:05 Ice Clothing, hat, sunscreen, NUT FREE LUNCH 8:15 9:05 Ice NATIONAL			Tuesday			Friday	
7:45 8:45 Fitness 7:45 8:45 Fitness 8:45 9:45 Strategy Session & Snack 8:45 9:45 Strategy Session & Snack 10:15 11:05 Ice 10:15 11:05 Ice 11:20 12:20 Nutrition 11:20 12:20 Activity-Ball Race 12:20 12:45 Lunch 12:20 12:45 Lunch 1:15 2:05 Ice 1:15 2:05 Ice-Scrimmage! 2:20 2:45 Activity-Human Knot 2:20 3:20 Wrap Up/Warm Fuzzies 3:15 4:05 Ice 3:20 4:15 Activity-Hula Harmony 4:15 Sign Out 4:15 Sign Out Remember to bring: Full equipment, sharp skates, stick(s), water bottle, running shoes, athletic clothing, hat, sunscreen, NUT FREE LUNCH 8 SNACKS 10:20 10:45 Activity-Group Rock Paper Scissors 11:15 12:05 Ice NATIONAL	Start Time	End Time		Start Time	End Time		
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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 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 NATIONAL	2:20	2:45	Activity-Human Knot	2:20	3:20	Wrap Up/Warm Fuzzies	
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 Remember to bring: Full equipment, sharp skates, stick(s), water bottle, running shoes,athletic clothing, hat, sunscreen, NUT FREE LUNCH & SNACKS NATIONAL	3:15	4:05	Ice	3:20	4:15	Activity-Hula Harmony	
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Start Time		Wednesday					
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 clothing, hat, sunscreen, NUT FREE LUNCH & SNACKS NATIONAL	Start Time	End Time	•	Full e	equipment, sharp skates, stick(s),		
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	11:15	12:05	,	NATIONAL			
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4:15 Sign Out	4:15		Sign Out				

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.