

**National Ringette School Richmond Hill Camp
August 13 to 17th, 2018 -- 2007-2008 Group**

Monday

Start Time	End Time	
7:45		Sign In
7:45	8:45	Sign In Activity/ Group Name
8:45	9:45	Ice Breakers
10:15	11:05	Ice
11:20	12:20	Strategy Session
12:20	12:45	Lunch
1:15	2:05	Ice
2:20	3:20	Goal Setting
3:20	4:15	Activity-Hula Harmony
4:15		Sign Out

Tuesday

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-Human Knot
11:15	12:05	Ice
12:20	12:45	Lunch
12:45	1:45	Fitness
2:15	3:05	Ice
3:20	4:15	Decision Making
4:15		Sign Out

Wednesday

Start Time	End Time	
7:45		Sign In
7:45	8:45	Mental Training
8:45	9:45	Fitness
10:15	11:05	Ice
11:20	12:20	Team Building-Replication
12:20	12:45	Lunch
1:15	2:05	Ice
2:20	3:20	Nutrition
3:20	4:15	Activity-Cards
4:15		Sign Out

Thursday

Start Time	End Time	
7:45		Sign In
7:45	8:45	Off Ice Shooting
8:45	9:45	Trivia
10:15	11:05	Ice
11:20	12:20	Fitness
12:20	12:45	Lunch
1:15	2:05	Ice
2:20	3:00	Strategy Session & Snack
3:15	4:05	Ice
4:15		Sign Out

Friday

Start Time	End Time	
7:45		Sign In
8:15	9:05	Ice
9:20	10:20	Strategy Session & Snack
10:20	10:45	Team Building-4Up
11:15	12:05	Ice
12:20	12:45	Lunch
12:45	1:45	Wrap Up/Warm Fuzzies
2:15	3:05	Ice-Scrimmage!
3:20	4:15	Activity-Group Rock Paper Scissors
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.