National Ringette School Richmond Hill Camp August 13 to 17th, 2018 -- 2009-2010 Group

		Monday			Thursday
Start Time	End Time		Start Time	End Time	
7:45		Sign In	7:45		Sign In
7:45	8:45	Sign In Activity/ Group Name	8:15	9:05	Ice
9:15	10:05	Ice	9:20	10:20	Off Ice Shooting
10:20	11:20	Ice Breakers	10:20	10:45	Activity-Cards
11:20	11:45	Lunch	11:15	12:05	Ice
12:15	1:05	Ice	12:20	12:45	Lunch
1:20	2:20	Goal Setting	12:45	1:45	Fitness
2:20	2:45	Activity-Hula Harmony	2:15	3:05	Ice
3:15	4:05	Ice	3:20	4:15	Activity-Ball Race
4:15		Sign Out	4:15		Sign Out
		Tuesday			Friday
Start Time	End Time	Tuesday	Start Time	End Time	Friday
Start Time 7:45	End Time	Tuesday Sign In	Start Time 7:45	End Time	Friday Sign In
	End Time 8:45	·		End Time 8:45	•
7:45		Sign In	7:45		Sign In
7:45 7:45	8:45	Sign In Strategy Session & Snack	7:45 7:45	8:45	Sign In Mental Training
7:45 7:45 9:15	8:45 10:05	Sign In Strategy Session & Snack Ice	7:45 7:45 9:15	8:45 10:05	Sign In Mental Training Ice
7:45 7:45 9:15 10:20	8:45 10:05 11:20	Sign In Strategy Session & Snack Ice Fitness	7:45 7:45 9:15 10:20	8:45 10:05 11:20	Sign In Mental Training Ice Strategy Session & Snack
7:45 7:45 9:15 10:20 11:20	8:45 10:05 11:20 11:45	Sign In Strategy Session & Snack Ice Fitness Lunch	7:45 7:45 9:15 10:20 11:20	8:45 10:05 11:20 11:45	Sign In Mental Training Ice Strategy Session & Snack Lunch
7:45 7:45 9:15 10:20 11:20 12:15	8:45 10:05 11:20 11:45 1:05	Sign In Strategy Session & Snack Ice Fitness Lunch Ice	7:45 7:45 9:15 10:20 11:20 12:15	8:45 10:05 11:20 11:45 1:05	Sign In Mental Training Ice Strategy Session & Snack Lunch Ice-Scrimmage!
7:45 7:45 9:15 10:20 11:20 12:15 1:20	8:45 10:05 11:20 11:45 1:05 2:20	Sign In Strategy Session & Snack Ice Fitness Lunch Ice Off Ice Shooting	7:45 7:45 9:15 10:20 11:20 12:15 1:20	8:45 10:05 11:20 11:45 1:05 2:20	Sign In Mental Training Ice Strategy Session & Snack Lunch Ice-Scrimmage! Wrap Up/Warm Fuzzies
7:45 7:45 9:15 10:20 11:20 12:15 1:20 2:20	8:45 10:05 11:20 11:45 1:05 2:20 3:20	Sign In Strategy Session & Snack Ice Fitness Lunch Ice Off Ice Shooting Nutrition	7:45 7:45 9:15 10:20 11:20 12:15 1:20 2:20	8:45 10:05 11:20 11:45 1:05 2:20 3:20	Sign In Mental Training Ice Strategy Session & Snack Lunch Ice-Scrimmage! Wrap Up/Warm Fuzzies Team Building-4Up

Wednesday

Start Time	End Time	
7:45		Sign In
7:45	8:45	Team Building-Replication
9:15	10:05	Ice
10:20	11:20	Fitness
11:20	11:45	Lunch
12:15	1:05	Ice
1:20	2:20	Trivia
2:20	2:45	Activity-Human Knot
3:15	4:05	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



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.