

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

Monday

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

Tuesday

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

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

Thursday

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-Cards
11:15	12:05	Ice
12:20	12:45	Lunch
12:45	1:45	Fitness
2:15	3:05	Ice
3:20	4:15	Activity-Ball Race
4:15		Sign Out

Friday

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

**NATIONAL
RINGETTE
SCHOOL**

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.