

~Vernon Camp - August 20 - 24, 2018~
~National Ringette School - 2005-2007 ~

Monday

7:00 am - 7:30 am Drop off/Sign In Activity
 8:00am - 8:45am Ice Breakers
 8:45am - 9:40am Goal Setting and Snack
 10:10am - 11:00am On Ice
 11:15am - 12:15pm Fitness 1
 12:20pm - 12:55pm Lunch
 1:25pm - 2:15pm On Ice
 2:30pm - 3:30pm Activity-Hula Harmony
 3:30pm - 4:20pm Strategy 1
 4:30pm Pick-up

Wednesday

8:00am Drop off/Sign In
 8:00am - 8:30am Strategy 2
 9:05am - 9:55am On Ice
 10:20am - 11:40am Trivia
 12:20pm - 1:10pm On Ice
 1:25pm - 2:00pm Lunch
 2:05pm - 3:05pm Fitness 2
 3:35pm - 4:20pm On Ice
 4:30pm Pick-up

Friday

8:00am Drop off/Sign In
 8:00am - 9:00am Fitness 3
 9:00am - 9:40am Team Building-4Up
 10:10am - 11:00am On Ice
 11:15pm - 12:15pm Mental Training
 12:20pm - 12:55pm Lunch
 1:25pm - 2:15pm On Ice - Scrimmage!
 2:30pm - 3:20pm Activity-Ball Race
 3:35pm - 4:20pm Wrap Up Activity/Goodbyes
 4:30pm Pick-up

Tuesday

7:30am Drop off/Sign In
 8:00am - 8:50am On Ice
 9:05am - 10:00am Activity-Human Knot and Snack
 10:00am - 10:45pm Decision Making
 11:15am - 12:05pm On Ice
 12:20pm - 1:00pm Lunch
 1:00pm - 2:00pm Nutrition
 2:30pm - 3:20pm On Ice
 3:35pm - 4:20pm Off-Ice Shooting 1
 4:30pm Pick-up

Thursday

7:30am Drop off/Sign In
 8:00am - 8:50am On Ice
 9:15am - 10:15am Team Building-Replication and Snack
 10:15am - 10:45pm Strategy 3
 11:15am - 12:05pm On Ice
 12:20pm - 1:00pm Lunch
 1:00pm - 2:00pm Off-Ice Shooting 2
 2:30pm - 3:20pm On Ice
 3:35pm - 4:20pm Activity-Group Rock Paper Scissors
 4:30pm Pick-up

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.