

~Vernon Camp - August 20 - 24, 2018~  
National Ringette School - Top Gun

**Monday**

7:00 am - 7:45 am Drop off/Sign In Activity  
7:45am - 8:35am Team Building  
9:05am - 9:55am On Ice  
10:10am - 11:00am Team Building-Replication and Snack  
11:00am -11:55am Goal Setting  
12:20pm - 1:10pm On Ice  
1:25pm - 1:55pm Lunch  
2:00pm - 3:00pm Fitness 1  
3:35pm - 4:30pm On Ice  
4:30pm Pick-up

**Wednesday**

8:00am Drop off/Sign In  
8:00am - 9:00am Nutrition  
9:00am - 9:40am Decision Making  
10:10am - 11:00am On Ice  
11:15pm - 12:15pm Activity-Ball Race  
12:15pm - 12:55pm Lunch  
1:25pm - 2:15pm On Ice  
2:30pm - 4:00pm Fitness 3/Strategy 2  
4:40pm - 5:30pm On Ice  
5:30pm Pick-up

**Friday**

8:00am Drop off/Sign In  
9:05am - 9:55am On Ice  
10:15am - 11:15am Fitness 5  
11:20am - 11:50am Lunch  
12:20am - 1:15pm On Ice  
1:30pm - 2:15pm Mental Toughness Training 2  
2:15pm - 3:00pm Wrap Up/Goodbyes  
3:35pm - 4:30pm On Ice - Scrimmage!  
4:30pm Pick-up

**Tuesday**

8:00am Drop off/Sign In  
8:00am - 8:35am Strategy 1  
9:05am - 9:55am On Ice  
10:10am - 11:10am Fitness 2 / Snack  
11:10am-11:50am Trivia  
12:20am - 1:10pm On Ice  
1:25pm - 1:55pm Lunch  
2:00pm - 3:00pm Off Ice Shooting 1  
3:35pm - 4:30pm On Ice  
4:30pm Pick-up

**Thursday**

8:00am Drop off/Sign In  
8:00am - 8:35am Strategy 3  
9:05am - 9:55am On Ice  
10:10am - 11:10am Off Ice Shooting 2/Snack  
11:10am - 11:50am Mental Toughness Training 1  
12:20pm - 1:10pm On Ice  
1:25pm - 1:55pm Lunch  
2:00pm - 3:00pm Fitness 4  
3:35pm - 4:30pm On Ice  
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.**

