

**National Ringette School- London 2006-2009 Blue
July 22-26 2019**

Monday			Wednesday			Friday		
8:00		Drop Off	8:00		Drop Off	8:00		Drop Off
8:15	9:00	Sign In Activity/ Group Name	8:00	9:00	Mental Training	8:00	9:00	Decision Making Running Tic Tac Toe
9:30	10:20	Ice	9:30	10:20	Ice	9:30	10:20	Ice
10:40	11:40	Ice Breakers	10:40	11:40	Off Ice Shooting	10:40	11:40	Goal setting : Part 2
11:40	12:10	Lunch	11:40	12:10	Lunch	11:40	12:10	Lunch
12:30	1:20	Ice	12:30	1:20	Ice	12:30	1:20	Ice
1:40	2:20	Goal Setting #1	1:40	2:40	Fitness	1:40	2:40	Wrap Up/ Warm Fuzzies
2:20	3:20	Strategy Session	2:40	3:10	Decision Making : Pass it	2:40	3:10	Co-operative Games
3:20	4:00	Fitness	3:30	4:20	Ice	3:30	4:20	Ice- Scrimmage!
4:00		Pick Up	4:30		Pick Up	4:30		Pick Up
Tuesday			Thursday					
8:00		Drop Off	8:00		Drop Off			
8:30	9:20	Ice	8:30	9:20	Ice			
9:40	10:40	Trivia	9:40	10:30	Activity: Race			
10:40	11:00	Activity- Shapes	10:30	11:00	Nutrition			
11:30	12:20	Ice	11:30	12:20	Ice			
12:40	1:10	Lunch	12:40	1:10	Lunch			
1:10	2:10	Off Ice Shooting	1:10	2:10	Fitness			
2:30	3:20	Ice	2:30	3:20	Ice			
3:30	4:00	Activity- Hula Hoop it up	3:40	4:30	Team Building: Replication			
4:00		Pick up	4:30		Pick up			

**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.

**NATIONAL
RINGETTE
SCHOOL**