

National Ringette School London 2006-2009 Red

July 22-26 2019

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

