

National Ringette School London Group 2010-2011

July 22-26 2019

Monday

8:00		Drop Off / Sign-in	
8:30	9:10	Team Meeting / Name Games	
9:10	9:30	Ice Breakers	
9:30	10:00	Activiy: Hula Hoop it up	
10:30	11:20	Ice	
11:40	12:10	Lunch	
12:10	1:00	Strategy	
1:30	2:20	Ice	
2:40	3:10	Snack/Goal Setting	
3:10	4:00	Fitness	
4:00		Pick UP	

Tuesday

8:00		Drop Off	
8:30	9:00	Activity: Shapes	
9:00	10:00	Trivia	
10:30	11:20	Ice	
11:40	12:10	Lunch	
12:10	1:00	Strategy Session	
1:30	2:20	Ice	
2:40	3:15	Snack / Nutrition	
3:15	4:00	Activitty- Flip It	
4:00		Pick Up	

Wednesday

8:00		Drop Off	
8:15	9:00	Fitness	
9:00	10:00	Off Ice Shooting	
10:30	11:20	Ice	
11:40	12:10	Lunch	
12:10	1:00	Decision Making	
1:30	2:20	Ice	
2:40	3:40	Snack / Mental Training	
3:40	4:30	Running Tic Tac Toe	
4:30		Pick Up	

Thursday

8:00		Drop Off	
8:00	9:00	Strategy Session	
9:00	10:00	Off Ice Shooting	
10:30	11:20	Ice	
11:40	12:10	Lunch	
12:10	1:00	Decision Making- Pass it	
1:30	2:20	Ice	
2:40	4:30	Snack / Team Building	
4:30		Pick Up	

Friday

8:00		Drop Off	
8:00	9:00	Activity - Race	
9:00	10:00	Fitness	
10:30	11:20	Ice	
11:40	12:10	Lunch	
12:10	1:00	Warm Fuzzies	
1:30	2:20	Ice- Scrimmage!	
2:40	3:40	Team Building- Replication	
3:40	4:30	Wrap 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**