

~Winnipeg IcePlex Camp - July 15 - 19, 2019~
~National Ringette School - U14-16 (2004-2007)~
Team Leaders= Alana Lesperance & Nicole Girardin

Monday

7:00 am - 8:00 am	Drop off/Sign In Activity
8:00am - 9:50am	Team Mtg/Ice Breakers/Flip It
10:20am - 11:20am	On Ice
11:30am - 12:30pm	Goal Setting 1
12:30pm - 1:10pm	Lunch
1:50pm - 2:50pm	On Ice
3:00pm - 4:20pm	Off-Ice Shooting 1/Strategy 1
4:30pm	Pick-up

Wednesday

8:30am	Drop off/Sign In
9:10am - 10:10am	On Ice
10:20am - 11:30am	Mental Training
11:30am - 12:10pm	Lunch
12:40pm - 1:40pm	On Ice
1:55pm - 2:30pm	Activity - Shapes
3:00pm - 4:00pm	On Ice
4:30pm	Pick-up

Friday

8:30am	Drop off/Sign In
8:30am - 9:50am	Fitness 3/Decision Making - Running Tic Tac Toe
10:20am - 11:20am	On Ice
11:30am - 12:45pm	Activity - Traffic Jam/Strategy 3
12:45pm - 1:20pm	Lunch
1:50pm - 2:50pm	On Ice - Scrimmage!
3:00pm - 4:20pm	Wrap Up Activity/Goodbyes
4:30pm	Pick-up

Tuesday

7:30am	Drop off/Sign In
8:00am - 9:00am	On Ice
9:15am - 10:00am	Activity - Race
10:20am - 11:20am	On Ice
11:30am - 12:45pm	Nutrition/Decision Making - Pass It
12:45pm - 1:20pm	Lunch
1:50pm - 2:50pm	On Ice
3:00pm - 4:20pm	Fitness 1
4:30pm	Pick-up

Thursday

7:30am	Drop off/Sign In
8:00am - 9:00am	On Ice
9:15am - 10:00am	Fitness 2
10:20am - 11:20am	On Ice
11:30am - 12:45pm	Trivia/Goal Setting 2
12:45pm - 1:20pm	Lunch
1:50pm - 2:50pm	On Ice
3:00pm - 4:20pm	Off-Ice Shooting 2/Strategy 2
4:30pm	Pick-up

Remember to bring:

Full equipment, sharp skates, stick(s), water bottle, running shoes, athletic clothing, hat, sunscreen, NUT FREE LUNCH AND SNACKS

**NATIONAL
RINGETTE
SCHOOL**

Late Pick-Up Policy: \$10/15 minutes. Payable with cash only upon same day pick-up or next day drop off. Child will not be permitted to re-join until the fee is paid.