

~Winnipeg IcePlex Camp - July 15 - 19, 2019~

~National Ringette School - U12 (2008-2009)~

Team Leaders= Caroline Girardin & Josee Roy

Monday

7:00 am - 8:00 am Drop off/Sign In Activity
8:00am - 8:40am Team Mtg/Ice Breakers
9:10am - 10:10am On Ice
10:30am - 11:30am Strategy Session 1/Goal Setting 1
11:30am - 12:05pm Lunch
12:40pm - 1:40pm On Ice
1:55pm - 3:00pm Activity - Hula Hoop it Up
3:00pm - 4:20pm Fitness 1 /Goalies on ice session
4:30pm Pick-up

Wednesday

7:30am Drop off/Sign In
8:00am - 9:00am On Ice
9:15am - 9:50am Decision Making - Pass It
10:20am - 11:20am On Ice
11:30am - 12:05pm Lunch
12:10pm - 1:20pm Trivia
1:50pm - 2:50pm On Ice
3:00pm - 4:20pm Fitness 2/Decision Making - Running Tic Tac Toe
4:30pm Pick-up

Friday

8:30am Drop off/Sign In
9:10am - 10:10am On Ice
10:20am - 11:30am Off-Ice Shooting
11:30am - 12:05pm Lunch
12:15pm - 1:00pm Mental Training/Goal Setting 2
1:00pm - 2:00pm Nutrition/Activity - Shapes (Goalie on-ice session)
2:00pm - 2:30pm Wrap Up Activity
3:00pm - 4:00pm On Ice - Scrimmage!
4:30pm Pick-up

Tuesday

8:30am Drop off/Sign In
9:10am - 10:10am On Ice
10:20am - 11:30am Strategy 2/Off-ice Shooting
11:30am - 12:05pm Lunch
12:40pm - 1:40pm On Ice
1:55pm - 2:30pm Activity - Flip It
3:00pm - 4:00pm On Ice
4:30pm Pick-up

Thursday

8:30am Drop off/Sign In
9:10am - 10:10am On Ice
10:20am - 11:30am Strategy 3/ Fitness 3
11:30am - 12:05pm Lunch
12:40pm - 1:40pm On Ice
1:55pm - 2:30pm Activity - Race
3:00pm - 4:00pm 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 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.