

~Winnipeg IcePlex Camp - July 15 - 19, 2019~
~National Ringette School - U10 (2009-2011)~
Team Leaders= Kaylee Spearing & Jayde Boyechko & Sophie Beaudry (Jr)

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 Activity - Hula Hoop it Up
 11:30am - 12:05pm Lunch
 12:40pm - 1:40pm On Ice
 1:55pm - 3:00pm Strategy Session 1/Goal Setting
 3:00 - 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 & Running Tic Tac Toe
 10:20am - 11:20am On Ice
 11:30am - 12:05pm Lunch
 12:10pm - 1:20pm Off-Ice Shooting/Strategy 3
 1:50pm - 2:45pm On Ice
 3:00pm - 4:20pm Trivia & Fitness 2
 4:30pm Pick-up

Friday

8:30am Drop off/Sign In
 9:10am - 10:05am On Ice
 10:20am - 11:30am Mental Training
 11:30am - 12:05pm Lunch
 12:15pm - 1:00pm Off-Ice Shooting/Strategy 4 (Goalie on-ice session)
 1:00pm - 2:00pm Activity - Shapes/Nutrition
 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 Activity - Flip It
 11:30am - 12:05pm Lunch
 12:40pm - 1:40pm On Ice
 1:55pm - 2:30pm Strategy 2
 3:00pm - 4:00pm On Ice
 4:30pm Pick-up

Thursday

8:30am Drop off/Sign In
 9:10am - 10:05am On Ice
 10:20am - 11:30am Activity - Race/ Fitness 3
 11:30am - 12:05pm Lunch
 12:40pm - 1:35pm On Ice
 1:55pm - 2:30pm Strategy 3
 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



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.