

## National Ringette School - Barrie- Group A

**Aug 19- Aug 23, 2019**

<b>Start Time</b>	<b>End Time</b>	<b>Monday</b>	<b>Start Time</b>	<b>End Time</b>	<b>Thursday</b>
8:30		Drop Off & Sign In Meeting	8:30		Drop Off
9:00	9:50	Ice	9:00	9:50	Ice
10:00	10:30	Snack & Ice Breakers	10:00	11:00	Snack and Flip It
10:30	11:30	Activity Race	11:00	11:30	Traffic Jam
12:00	12:50	Ice	12:00	12:50	Ice
1:00	1:30	Lunch	1:00	1:30	Lunch
1:30	2:30	Goal Setting-Part 1 and Strategy Session	1:30	2:30	Off Ice Shooting
3:00	3:50	Ice	3:00	3:50	Ice
4:00		Pick Up	4:00		Pick Up

<b>Start Time</b>	<b>End Time</b>	<b>Tuesday</b>	<b>Start Time</b>	<b>End Time</b>	<b>Friday</b>
8:30		Drop Off	8:30		Drop Off
8:30	9:00	Mental Training	8:30	9:30	Goal Setting- Part 2
9:00	9:30	Activity- Shapes and Snack	10:00	10:50	Ice
10:00	10:50	Ice	11:00	12:00	Fitness
11:00	11:30	Lunch	12:00	12:30	Lunch
11:30	12:30	Off Ice shooting	12:30	1:30	Trivia
12:30	1:30	Activity- Hula Hoop It Up	2:00	2:50	Ice - Scrimmage!
2:00	2:50	Ice	3:00	4:00	Team Building & Warm Fuzzies
3:00	4:00	Fitness	4:00		Pick Up
4:00		Pick Up			

<b>Start Time</b>	<b>End Time</b>	<b>Wednesday</b>
8:30		Drop Off
9:00	9:50	Ice
10:00	10:30	Snack & Strategy Session
11:00	11:50	Ice
12:00	12:30	Lunch
12:30	1:30	Nutrition
2:00	2:50	Ice
3:00	4:00	Snack and Trivia
4:00		Pick Up

**Remember to bring:**  
**Full equipment, sharp skates, stick(s),  
 water bottle, running shoes, athletic  
 clothing, hat, sunscreen, NUT FREE LUNCH  
 & SNACKS**

**NATIONAL  
 RINGETTE  
 SCHOOL**

**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.**