

National Ringette School - Barrie- Group B
Aug 19- Aug 23, 2019

Start Time	End Time	Monday	Start Time	End Time	Thursday
			8:30		Drop Off
8:30	9:00	Sign in Activity	8:30	9:30	Strategy Session and Traffic Jam
9:00	9:30	Ice Breakers	10:00	10:50	Ice
10:00	10:50	Ice	11:00	12:00	Snack and Hula-Hoop It
11:00	11:30	Lunch	12:00	12:30	Lunch
11:30	12:30	Goal Setting-Part 1 and Strategy Session	12:30	1:30	Off ice Shooting
12:30	1:30	Decision Making - Pass It	2:00	2:50	Ice
2:00	2:50	Ice	3:00	4:00	Team Buliding- Replication
3:00	4:00	Snack and Co-Operative Games	4:00		Pick Up
4:00		Pick Up			

Start Time	End Time	Tuesday	Start Time	End Time	Friday
8:30		Drop Off	8:30		Drop Off
9:00	9:50	Ice	9:00	9:50	Ice
10:00	10:30	Activity- Shapes	10:00	10:30	Decision Making- Tic Tac Toe
10:30	11:30	Snack and Mental Training	10:30	11:30	Fitness
12:00	12:50	Ice	12:00	12:50	Ice
1:00	1:30	Lunch	1:00	1:30	Lunch
1:30	2:30	Fitness	1:30	2:30	Goal Setting- Part 2
3:00	3:50	Ice	3:00	3:50	Ice - Scrimmage!
4:00		Pick Up	4:00		Pick Up

Start Time	End Time	Wednesday
8:30		Drop Off
8:30	9:00	Decision Making- Pass it
9:00	9:30	Nutrition
10:00	10:50	Ice
11:00	11:30	Lunch
11:30	12:30	Trivia
1:00	1:50	Ice
2:00	2:30	Snack and Team Building
3:00	3:50	Ice
4:00		Pick Up

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



<p>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.</p>
