

National Ringette School
Chestermere Camp - August 26 to 30th, 2019
Group 1

Monday	
8:00am	Sign In
8:00-9:00am	Sign In Activity/ Group Name
9:00-9:45am	Ice Breakers & Snack
10:10-11:00am	Ice
11:15-12:00pm	Activity - Hula Hoop It Up
12:00-12:30pm	Lunch
12:30-1:00pm	Strategy Session
1:25-2:15pm	Ice
2:30-3:30pm	Goal Setting & Snack
3:30-4:30pm	Fitness
4:30pm	Pick up

Thursday	
7:30am	Sign In
8:00-8:50am	Ice
9:00-10:00am	Mental Training
10:00-10:45am	Activity - Race & Snack
11:15-12:05pm	Ice
12:30-1:00pm	Lunch
1:00-2:00pm	Strategy Session
2:30-3:20pm	Ice
3:30-4:30pm	Fitness & Snack
4:30pm	Pick up

Tuesday	
7:30am	Sign In
8:00-8:50am	Ice
9:00-10:00am	Off Ice Shooting
10:00-10:45am	Activity - Flip It & Snack
11:15-12:05pm	Ice
12:30-1:00pm	Lunch
1:00-2:00pm	Nutrition
2:30-3:20pm	Ice
3:30-4:30pm	Team Games
4:30pm	Pick up

Friday	
8:00am	Sign In
8:00-9:00am	Fitness
9:00-10:00am	Trivia & Snack
10:30-11:30am	Ice
11:45-12:15pm	Lunch
12:15-1:00pm	Team Building
1:00-1:45pm	Wrap Up/ Warm Fuzzies
2:15-3:15pm	Ice - Scrimmage!
3:30-4:30pm	Team Games
4:30pm	Pick up

Wednesday	
8:00am	Sign In
8:00-8:30am	Strategy Session
9:05-9:55am	Ice
10:15-11:15am	Decision Making
11:15-11:45am	Lunch
12:20-1:10pm	Ice
1:30-2:30pm	Activity - Shapes & Snack
2:30-3:00pm	Team Building
3:35-4:25pm	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
& SNACKS



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.