

**National Ringette School**  
**Chestermere Camp - August 26 to 30th, 2019**  
**Group 2**

<b>Monday</b>	
7:30am	Sign In
8:00-8:50am	Ice
9:00-10:00am	Sign In Activity/ Group Name
10:00-10:45am	Ice Breakers & Snack
11:15-12:05pm	Ice
12:30-1:00pm	Lunch
1:00-2:00pm	Goal Setting - Part 1
2:30-3:20pm	Ice
3:30-4:30pm	Off Ice Shooting
4:30pm	Pick up

<b>Thursday</b>	
8:00am	Sign In
8:00-8:30am	Goal Setting - Part 2
9:05-9:55am	Ice
10:15-11:15am	Fitness
11:15-11:45am	Lunch
12:20-1:10pm	Ice
1:30-2:15pm	Trivia
2:15-3:00pm	Strategy Session & Snack
3:35-4:25pm	Ice
4:30pm	Pick up

<b>Tuesday</b>	
8:00am	Sign In
8:00-9:00am	Fitness
9:00-9:45am	Activity- Race & Snack
10:10-11:00am	Ice
11:15-12:00pm	Strategy Session
12:00-12:30pm	Lunch
12:30-1:00pm	Team Games
1:25-2:15pm	Ice
2:30-3:30pm	Mental Training
3:30-4:30pm	Off Ice Shooting and Snack
4:30pm	Pick up

<b>Friday</b>	
8:00am	Sign In
8:00-8:45am	Activity- Hula Hoop It Up
9:15-10:15am	Ice
10:30-11:30am	Activity - Shapes
11:15-11:45am	Lunch
11:45-12:30pm	Strategy Session
1:00-2:00pm	Ice - Scrimmage!
2:30-3:30pm	Team Games and Snack
3:30-4:30pm	Wrap Up/ Warm Fuzzies
4:30pm	Pick up

<b>Wednesday</b>	
7:30am	Sign In
8:00-8:50am	Ice
9:00-10:00am	Fitness & Snack
10:00-10:45am	Decision Making
11:15-12:05pm	Ice
12:30-1:00pm	Lunch
1:00-2:00pm	Nutrition
2:30-3:20pm	Ice
3:30-4:30pm	Activity- Flip It & Snack
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.**