

National Ringette School
Chestermere Camp - August 26 to 30th, 2019
Group 3

Monday	
8:00am	Sign In
8:00-8:30am	Sign In Activity/ Group Name
9:05-9:55am	Ice
10:15-11:15am	Ice Breakers
11:15-11:45am	Lunch
12:20-1:10pm	Ice
1:30-2:30pm	Activity- Race & Snack
2:30-3:00pm	Goal Setting - Part 1
3:35-4:25pm	Ice
4:30pm	Pick up

Thursday	
8:00am	Sign In
8:00-9:00am	Fitness
9:00-9:45am	Trivia & Snack
10:10-11:00am	Ice
11:15-12:00pm	Nutrition
12:00-12:30pm	Lunch
12:30-1:00pm	Activity - Hula Hoop It Up
1:25-2:15pm	Ice
2:30-3:30pm	Goal Setting - Part 2
3:30-4:30pm	Off Ice Shooting & Snack
4:30pm	Pick up

Tuesday	
8:00am	Sign In
8:00-8:30am	Strategy Session & Snack
9:05-9:55am	Ice
10:15-11:15am	Fitness
11:15-11:45am	Lunch
12:20-1:10pm	Ice
1:30-2:30pm	Mental Training
2:30-3:00pm	Team Games and Snack
3:35-4:25pm	Ice
4:30pm	Pick up

Friday	
7:30am	Sign In
8:00-8:50am	Ice
9:15-10:15am	Strategy Session
10:15-10:45am	Activity- Traffic Jam
11:15-12:05pm	Ice
12:20-12:45pm	Lunch
12:45-1:30pm	Decision Making
1:30-2:00pm	Activity- Shapes & Snack
2:30-3:20pm	Ice - Scrimmage!
3:30-4:30pm	Wrap Up/ Warm Fuzzies
4:30pm	Pick up

Wednesday	
8:00am	Sign In
8:00-9:00am	Fitness
9:00-9:45am	Actiivty- Flip It & 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	Team Building - Replication
3:30-4:30pm	Off Ice Shooting & 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.