

National Ringette School- Mount Pleasant Week 2 - 2006-2007 Dynamite August 19 - 23 2019

Start Time	End Time	Monday	Start Time	End Time	Wednesday	Start Time	End Time	Friday
7:30		Drop Off	7:30		Drop Off	7:30		Drop Off
8:00	9:00	Ice	8:00	8:50	Ice	8:00	9:00	Ice
9:15	10:15	Sign in Activity	9:00	10:00	Fitness	9:15	10:15	Activity - Race
10:15	11:15	Theme/Group Name/Ice Breakers	10:00	10:45	Team Building	10:15	11:15	Trivia
11:45	12:45	Ice - Skills	11:15	12:05	Ice - Skills	11:45	12:45	Ice - Skills
12:45	1:15	Lunch	12:15	12:45	Lunch	12:45	1:15	Lunch
1:15	2:00	Goal Setting - Part 1	1:15	2:00	Strategy Session	1:15	2:00	Goal Setting - Part 2
2:00	3:00	Activity - Flip It	2:30	3:20	Ice	2:00	3:00	Wrap Up/Warm Fuzzies
3:30	4:30	Ice	3:30	4:30	Nutrition	3:30	4:30	Ice - Scrimmage!
4:30		Pick Up	4:30		Pick Up	4:30		Pick Up
Start Time	End Time	Tuesday	Start Time	End Time	Thursday	Remember to bring: Full equipment, sharp skates, stick(s), water bottle, running shoes, athletic clothing, hat, sunscreen, NUT FREE LUNCH & SNACKS		
8:00		Drop Off	8:00		Drop Off			
8:00	8:45	Mental Training	8:00	8:45	Decision Making			
9:15	10:15	Ice	9:15	10:15	Ice			
10:30	11:30	Off Ice Shooting	10:30	11:30	Off Ice Shooting			
11:30	12:00	Strategy Session	11:30	12:00	Strategy Session			
12:00	12:30	Lunch	12:00	12:30	Lunch			
1:00	2:00	Ice	1:00	2:00	Ice			
2:15	3:15	Fitness	2:15	3:15	Fitness			
3:30	4:30	Activity - Shapes	3:30	4:30	Activity - Traffic Jam			
4:30		Pick Up	4:30		Pick Up			

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.

**NATIONAL
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