

National Ringette School - Mount Pleasant Week 2 - 2008-2009 Dynamite August 19 - 23 2019

Start Time	End Time	Monday	Start Time	End Time	Wednesday	Start Time	End Time	Friday
7:45		Drop Off	8:00		Drop Off	8:00		Drop Off
8:00	8:45	Sign in Activity	8:00	8:40	Team Building	8:00	8:45	Decision Making
9:15	10:15	Ice	9:05	9:55	Ice	9:15	10:15	Ice
10:30	11:15	Theme/Group Name/Ice Breakers	10:10	11:00	Activity - Shapes	10:30	11:00	Goal Setting - Part 2
11:15	12:00	Goal Setting - Part 1	11:20	11:50	Lunch	11:00	12:00	Fitness
12:00	12:30	Lunch	12:20	1:10	Ice - Skills	12:00	12:30	Lunch
1:00	2:00	Ice	1:25	2:00	Strategy Session and Snack	1:00	2:00	Ice - Scrimmage!
2:15	3:15	Activity - Hula Hoop It Up	2:00	3:00	Fitness	2:15	3:15	Trivia
3:30	4:30	Fitness	3:35	4:30	Ice	3:30	4:30	Wrap Up/Warm Fuzzies
4:30		Pick Up	4:30		Pick Up	4:30		Pick Up

Start Time	End Time	Tuesday	Start Time	End Time	Thursday
7:30		Drop Off	7:30		Drop Off
8:00	9:00	Ice	8:00	9:00	Ice
9:15	10:15	Mental Training	9:15	10:15	Nutrition
10:15	11:15	Strategy Session and Snack	10:15	11:15	Strategy Session and Snack
11:45	12:45	Ice - Skills	11:45	12:45	Ice - Skills
12:45	1:15	Lunch	12:45	1:15	Lunch
1:15	2:00	Activity - Flip it	1:15	2:00	Activity - Race
2:00	3:00	Off Ice Shooting	2:00	3:00	Off Ice Shooting
3:30	4:30	Ice	3:30	4:30	Ice
4:30		Pick Up	4:30		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.

