

**National Ringette School- Mount Pleasant Week 2 - 2010-2011**  
**August 19 - 23 2019**

<b>Start Time</b>	<b>End Time</b>	<b>Monday</b>
7:45		Drop Off
8:00	9:00	Sign in Activity
9:00	10:00	Theme/Group Name/Ice Breakers
10:30	11:30	Ice
11:45	12:15	Lunch
12:15	1:00	Activity - Hula Hoop It Up
1:00	1:45	Strategy Session
2:15	3:15	Ice
3:30	4:30	Goal Setting
4:30		Pick Up

<b>Start Time</b>	<b>End Time</b>
8:00	
8:00	8:50
8:50	9:40
10:10	11:00
11:15	12:15
12:15	12:45
1:25	2:15
2:30	3:30
3:30	4:30
4:30	

<b>Wednesday</b>
Drop Off
Decision Making
Strategy Session
Ice
Nutrition
Lunch
Ice
Mental Training
Team Building
Pick Up

<b>Start Time</b>	<b>End Time</b>
8:00	
8:00	9:00
9:00	10:00
10:30	11:30
11:45	12:15
12:15	1:00
1:00	1:45
2:15	3:15
3:30	4:30
4:30	

<b>Friday</b>
Drop Off
Fitness
Trivia
Ice
Lunch
Activity - Shapes
Game Preparation
Ice - Scrimmage!
Wrap Up/Warm Fuzzies
Pick Up

<b>Start Time</b>	<b>End Time</b>	<b>Tuesday</b>
8:00		Drop Off
8:00	9:00	Fitness
9:00	10:00	Off Ice Shooting
10:30	11:30	Ice
11:45	12:15	Lunch
12:15	1:00	Activity - Flip It
1:00	1:45	Strategy Session
2:15	3:15	Ice
3:30	4:30	Team Building
4:30		Pick Up

<b>Start Time</b>	<b>End Time</b>
8:00	
8:00	9:00
9:00	10:00
10:30	11:30
11:45	12:15
12:15	1:00
1:00	1:45
2:15	3:15
3:30	4:30
4:30	

<b>Thursday</b>
Drop Off
Fitness
Off Ice Shooting
Ice
Lunch
Activity - Race
Strategy Session
Ice
Team Building
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.**

