

National Ringette School- Moncton 2004-2007
August 19 - August 23 2019

Start Time	End Time	Monday
8:00		Drop Off
8:00	8:45	Sign In Activity & Snack
8:45	10:00	Theme/Group Name/Ice Breakers
10:30	11:30	Ice
11:30	12:00	Lunch
12:00	1:00	Strategy Session
1:00	1:45	Goal Setting - Part 1
2:15	3:15	Ice
3:15	4:00	Activity - Hula Hoop It Up
4:00	4:30	Fitness
4:30		Pick Up

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

Start Time	End Time	Tuesday
7:30		Drop Off
8:00	9:00	Ice
9:00	10:00	Snack & Decision Making
10:00	11:00	Activity - Shapes
11:45	12:45	Ice
12:45	1:30	Lunch
1:30	2:30	Off Ice Shooting
2:30	3:00	Strategy Session
3:30	4:30	Ice
4:30		Pick Up

Start Time	End Time	Friday
8:00		Drop Off
8:00	9:00	Fitness
9:00	9:50	Goal Setting - Part 2
10:30	11:30	Ice
11:30	12:30	Fitness
12:30	1:00	Lunch
1:00	1:45	Strategy Session
2:15	3:15	Ice
3:15	4:30	Warm Fuzzies & Team Games
4:30		Pick Up

Start Time	End Time	Wednesday
8:00		Drop Off
8:00	8:30	Fitness (Warm Up)
9:05	9:55	Ice
9:55	11:00	Nutrition
11:00	11:30	Lunch
11:30	11:50	Strategy Session
12:20	1:10	Ice
1:10	2:10	Mental Training
2:10	3:00	Activity - Flip It
3:35	4:25	Ice
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.