

National Ringette School- Moncton 2008-2009
August 19 - August 23 2019

Start Time	End Time	Monday	Start Time	End Time	Thursday
7:30		Drop Off	8:00		Drop Off
8:00	9:00	Ice	8:00	9:00	Strategy Session
9:00	9:45	Snack & Sign In Activity	9:00	9:50	Off Ice Shooting
9:45	11:00	Theme/Group Name/Ice Breakers	10:30	11:30	Ice
11:45	12:45	Ice	11:30	12:30	Activity - Shapes
12:45	1:30	Lunch	12:30	1:00	Lunch
1:30	2:30	Snack & Goal Setting - Part 1	1:00	1:45	Mental Training
2:30	3:00	Strategy Session	2:15	3:15	Ice
3:30	4:30	Ice	3:15	4:30	Snack & Nutrition
4:30		Pick Up	4:30		Pick Up

Start Time	End Time	Tuesday	Start Time	End Time	Friday
8:00		Drop Off	7:30		Drop Off
8:00	9:00	Strategy Session	8:00	9:00	Ice
9:00	10:00	Nutrition	9:00	10:00	Snack & Trivia
10:30	11:30	Ice	10:30	11:15	Fitness
11:30	12:30	Snack & Team Building	11:45	12:45	Ice
12:30	1:00	Lunch	1:00	1:45	Lunch & Goal Setting - Part 2
1:00	1:45	Activity - Flip It	1:45	2:30	Activity - Race
2:15	3:15	Ice	2:30	3:00	Strategy Session
3:15	4:30	Snack & Fitness	3:30	4:30	Ice- Scrimmage!
4:00		Pick Up	4:30		Pick Up

Start Time	End Time	Wednesday
7:30		Drop Off
8:00	8:50	Ice
8:50	9:45	Snack & Strategy Session
9:45	10:40	Activity - Hula Hoop It Up
11:15	12:05	Ice
11:50	12:20	Lunch
12:20	1:30	Mental Training
2:30	3:30	Ice
3:30	4:30	Off Ice Shooting
4:00		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.