

National Ringette School- Moncton 2010-2011
August 19 - August 23 2019

Start Time	End Time	Monday	Start Time	End Time	Thursday
8:00		Drop Off	8:00		Drop Off
8:00	8:40	Sign In Activity & Snack	8:00	8:40	Strategy Session
9:15	10:15	Ice	9:15	10:15	Ice
10:15	11:00	Theme/Group Name/Ice Breakers	10:10	11:20	Snack & Trivia
11:00	12:00	Goal Setting	11:20	12:00	Fitness
12:00	12:30	Lunch	12:00	12:30	Lunch
1:00	2:00	Ice	1:00	2:00	Ice
2:00	2:40	Strategy Session	2:00	2:40	Mental Training
2:40	3:30	Fitness	2:40	3:30	Activity - Shapes
3:30	4:30	Activity - Hula Hoop It	3:30	4:30	Team Games
4:30		Pick Up	4:30		Pick Up
Start Time	End Time	Tuesday	Start Time	End Time	Friday
8:00		Drop Off	8:00		Drop Off
8:00	8:40	Strategy Session	8:00	8:40	Strategy Session
9:15	10:15	Ice	9:15	10:15	Ice
10:15	11:00	Decision Making	10:15	11:45	Snack & Mental Training
11:00	12:00	Fitness	11:45	12:30	Lunch
12:00	12:30	Lunch	1:00	2:00	Ice - Scrimmage!
1:00	2:00	Ice	2:00	2:45	Fitness
2:00	3:00	Snack & Off Ice Shooting	2:45	3:30	Team Games
3:00	4:00	Activity - Race	3:30	4:30	Wrap Up/ Warm Fuzzies
4:00	4:30	Team Building	4:30		Pick Up
4:30		Pick Up			
Start Time	End Time	Wednesday			
8:00		Drop Off			
8:00	8:45	Mental Training			
8:45	9:30	Activity - Flip It			
10:10	11:00	Ice			
11:00	12:00	Nutrition			
12:00	12:30	Lunch			
12:30	12:55	Fitness - Warm Up			
1:25	2:15	Ice			
2:15	3:00	Strategy Session & Snack			
3:00	3:45	Mental Training			
3:45	4:30	Off Ice Shooting			
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.