

~Vernon Camp - August 19 - 23, 2019~
~National Ringette School - 2009-2011 ~

Monday

7:00 am - 7:30 am Drop off/Sign In Activity
 8:00am - 8:50am On Ice
 9:05am - 10:05am Ice Breakers
 10:05am - 10:45pm Strategy 1 and Snack
 11:15am - 12:05pm On Ice
 12:20pm - 1:00pm Lunch
 1:05pm - 2:00pm Off-Ice Shooting 1
 2:30pm - 3:20pm On Ice
 3:35pm - 4:20pm Activity-Hula Hoop it Up
 4:30pm Pick-up

Wednesday

7:30am Drop off/Sign In
 8:00am - 8:50am On Ice
 9:15am - 10:00am Decision Making
 10:00am - 10:45am Strategy 2 and Snack
 11:15am - 12:05pm On Ice
 12:20pm - 1:00pm Lunch
 1:00pm - 2:00pm Off-Ice Shooting 2
 2:30pm - 3:20pm On Ice
 3:35pm - 4:20pm Trivia
 4:30pm Pick-up

Friday

7:30am Drop off/Sign In
 8:00am - 8:50am On Ice
 9:15am - 10:00am Fitness 3
 10:00am - 10:45am Activity
 11:15am - 12:05pm On Ice
 12:20pm - 1:00pm Lunch
 1:00pm - 2:00pm Activity
 2:30pm - 3:20pm On Ice - Scrimmage!
 3:35pm - 4:20pm Wrap Up Activity/Goodbyes
 4:30pm Pick-up

Tuesday

8:00am Drop off/Sign In
 8:15am - 9:00am Fitness 1
 9:00am - 9:40am Activity - Flip It
 10:10am - 11:00am On Ice
 11:15am - 12:15pm Goal Setting
 12:20pm - 12:55pm Lunch
 1:25pm - 2:15pm On Ice
 2:30pm - 3:30pm Activity-Race
 3:35pm - 4:20pm Nutrition & Snack
 4:30pm Pick-up

Thursday

8:00am Drop off/Sign In
 8:15am - 9:00am Fitness 2
 9:00am - 9:40am Activity-Shapes
 10:10am - 11:00am On Ice
 11:15am - 12:15pm Mental Training
 12:20pm - 12:55pm Lunch
 1:25pm - 2:15pm On Ice
 2:30pm - 3:15pm Strategy 3 & 4
 3:20pm - 4:20pm Decision Making & Snack
 4:30pm 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.