

~Vernon Camp - August 19 - 23, 2019~  
~National Ringette School - Top Gun

**Monday**

7:30 AM Drop off/Sign In Activity  
 7:45am - 8:35am Team Building  
 9:05am - 9:55am On Ice  
 10:10am - 11:00am Activity - Flip It  
 11:00am - 11:55am Goal Setting 1  
 12:20pm - 1:10pm On Ice  
 1:25pm - 1:55pm Lunch  
 2:00pm - 3:00pm Fitness 1  
 3:35pm - 4:30pm On Ice  
 4:30pm Pick-up

**Wednesday**

8:00am Drop off/Sign In  
 8:00am - 9:00am Nutrition  
 9:00am - 9:40am Decision Making 1  
 10:10am - 11:00am On Ice  
 11:15pm - 12:15pm Activity- Race  
 12:15pm - 12:55pm Lunch  
 1:25pm - 2:15pm On Ice  
 2:30pm - 4:00pm Mental Training/Strategy 2  
 4:40pm - 5:30pm On Ice  
 5:30pm Pick-up

**Friday**

8:00am Drop off/Sign In  
 9:05am - 9:55am On Ice  
 10:15am - 11:15am Activity - Traffic Jam  
 11:20am - 11:50am Lunch  
 12:20am - 1:15pm On Ice  
 1:30pm - 2:15pm Decision Making 2  
 2:15pm - 3:00pm Wrap Up/Goodbyes  
 3:35pm - 4:30pm On Ice - Scrimmage!  
 4:30pm Pick-up

**Tuesday**

8:00am Drop off/Sign In  
 8:00am - 8:35am Strategy 1  
 9:05am - 9:55am On Ice  
 10:10am - 11:10am Fitness 2 / Snack  
 11:10am - 11:50am Trivia  
 12:20pm - 1:10pm On Ice  
 1:25pm - 1:55pm Lunch  
 2:00pm - 3:00pm Off Ice Shooting 1  
 3:35pm - 4:30pm On Ice  
 4:30pm Pick-up

**Thursday**

8:00am Drop off/Sign In  
 8:00am - 8:35am Strategy 3  
 9:05am - 9:55am On Ice  
 10:10am - 11:10am Off Ice Shooting 2/Snack  
 11:10am - 11:50am Activity - Shapes  
 12:20pm - 1:10pm On Ice  
 1:25pm - 1:55pm Lunch  
 2:00pm - 3:00pm Goal Setting 2/Yoga  
 3:35pm - 4:30pm On Ice  
 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.**

