

**National Ringette School - Port Coquitlam Camp U12 - SKATES**  
**August 10 - 14, 2015**

**Monday**

	7:45am	Sign In
8:30am	9:30am	Ice
9:45am	10:45am	Team Meeting and Shooting - Session 1 (LB)
10:45am	11:45am	Cohesion Hands + Ice Breakers
11:45am	12:15pm	Lunch
12:15pm	1:00pm	Outdoor Activities
1:30pm	2:30pm	Ice
2:45pm	3:45pm	Fitness
3:45pm	4:30pm	Goal Setting
	4:30pm	Pick Up

**Tuesday**

	7:30am	Sign In
8:00am	9:00am	Ice
9:15am	10:15am	Snack and Strategy Session
10:30am	11:30am	Ice
11:30am	12:30pm	Build It
12:30pm	1:00pm	Lunch
1:00pm	1:45pm	Stand Strong
2:15pm	3:15pm	Ice
3:30pm	4:30pm	Snack and Mental Training
	4:30pm	Pick Up

**Wednesday**

	8:00am	Sign In
8:00am	8:45am	Strategy Session
9:15am	10:15am	Ice
10:30am	11:30am	Fitness (LB)
11:30am	12:30pm	Lunch and Nutrition
1:00pm	2:00pm	Ice
2:15pm	3:15pm	Snack and Trivia
3:30pm	4:30pm	Ice
	4:30pm	Pick Up

**Thursday**

	7:30am	Sign In
8:00am	9:00am	Ice
9:15am	10:15am	Snack and Decision Making
10:30am	11:30am	Ice
11:45pm	1:00pm	Lunch and Go! Help!
1:00pm	2:00pm	Shooting - Session 2 (LB)
2:15pm	3:15pm	Ice
3:30pm	4:30pm	Outdoor Activities
	4:30pm	Pick Up

**Friday**

	8:00am	Sign In
8:00am	9:15am	Fitness (LB)
9:45am	10:45am	Ice
11:00am	12:00pm	Outdoor Activities
12:00pm	12:30pm	Lunch
12:30pm	1:30pm	Team Building
1:30pm	2:15pm	Snack and Strategy Session
2:45pm	3:45pm	Scrimmage - Ice
4:00pm	4:30pm	Wrap Up Activity
	4:30pm	Pick Up

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| <b><u>REMEMBER TO BRING:</u></b> | - Sunscreen      |
| - Lunch and Snacks               | - Bug spray      |
| - Waterbottle                    | - Full equipment |
| - Running shoes                  | - Sharp skates   |
| - Athletic clothes               | - Stick(s)       |
| - Hat                            |                  |



**Late Pick-Up Policy: \$10/15mins. 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 fee is paid.**