

National Ringette School - Port Coquitlam Camp U14/U16 - RINGS
August 10 - 14, 2015

Monday

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

Tuesday

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

Wednesday

	7:30am	Sign In
8:00am	9:00am	Ice
9:15am	10:15am	Snack and Shooting - Session 2 (LB)
10:30am	11:30am	Ice
11:30am	12:30pm	Fitness (LB)
12:30pm	1:00pm	Lunch
1:00pm	1:45pm	Go! Help!
2:15pm	3:15pm	Ice
3:30pm	4:30pm	Outdoor Activities
	4:30pm	Pick Up

Thursday

8:00am	8:00am	Sign In
8:15am	8:45am	Decision Making
9:15am	10:15am	Ice
10:30am	11:30am	Trivia
11:30am	12:30pm	Lunch and Goal Setting
1:00pm	2:00pm	Ice
2:15pm	3:15pm	Team Building (LB)
3:30pm	4:30pm	Ice
	4:30pm	Pick Up

Friday

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

REMEMBER TO BRING:

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|--------------------|------------------|
| - Lunch and Snacks | - Hat |
| - Waterbottle | - Sunscreen |
| - Running shoes | - Bug spray |
| - Athletic clothes | - Full equipment |
| | - Sharp skates |
| | - Stick(s) |



**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.**