

National Ringette School Richmond Hill Top Gun 2015

Monday

7:45-8:00 Sign In
 8:00-8:30 Sign In Activity
 9:00-9:50 On Ice
 10:20-11:00 Back to Back Drawing
 11:00-11:40 Lunch
 12:00-12:50 On Ice
 1:20-2:00 Trivia
 2:00-2:30 Goal Setting
 3:00-3:50 On Ice
 4:20-4:35 Sign Out

Tuesday

7:45-8:00 Sign In
 8:00-8:30 Group Cohesion- Go!
 9:00-9:50 On Ice
 10:20-11:00 Keep It Up/Stand Strong
 11:00-11:40 Lunch
 12:00-12:50 On Ice
 1:20-2:30 Fitness
 3:00-3:50 On Ice
 4:20-4:35 Sign Out

Wednesday

7:45-8:00 Sign In
 8:00-8:30 Nutrition
 9:00-9:50 On Ice
 10:20-11:00 Balloon Wiggle
 11:00-11:40 Lunch
 12:00-12:50 On Ice
 1:20-2:00 Mental Training Ed's Room
 2:00-2:30 Team Building
 3:00-3:50 On Ice
 4:20-4:35 Sign Out

Thursday

7:45-8:00 Sign In
 8:00-8:30 Build It
 9:00-9:50 On Ice
 10:20-11:00 Strategy Session
 11:00-11:40 Lunch
 12:00-12:50 On Ice
 1:20-2:30 Fitness
 3:00-3:50 On Ice
 4:20-4:35 Sign Out

Friday

7:45-8:00 Sign In
 8:00-8:30 Strategy Session
 9:00-9:50 On Ice
 10:20-11:00 Team Building
 11:00-11:40 Lunch
 12:00-12:50 On Ice
 1:20-2:00 Warm Fuzzies
 2:00-2:30 Pre-Game Warm Up
 3:00-3:50 On Ice (Game)
 4:00-4:15 Sign Out

REMEMBER TO BRING:

- Nut free lunch and snacks	- Bug spray
- Water bottle	- Full equipment
- Running shoes	- Sharp skates
- Athletic clothes	- Stick(s)
- Hat	- Sunscreen

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.

