

National Ringette School Richmond Hill Camp 2015 - U12 Group

Monday

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

Tuesday

7:30-7:45 Sign In
 8:00-8:50 On Ice
 9:20-10:00 Keep It Up/Team Building
 10:00-10:30 Group Cohesion- Go!
 11:00-11:50 On Ice
 12:20-12:50 Lunch
 12:50-1:30 Strategy Session Room 203
 2:00-2:50 On Ice
 3:20-4:20 Fitness
 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
 11:00-11:30 Lunch
 12:00-12:50 On Ice
 1:20-2:00 Mental Training Ed's Room
 2:00-2:30 Goal Setting
 3:00-3:50 On Ice
 4:20-4:35 Sign Out

Thursday

7:45-8:00 Sign In
 8:00-9:00 Fitness
 9:00-9:30 HELP!
 10:00-10:50 On Ice
 11:10-12:00 Off Ice Shooting
 12:00-12:30 Lunch
 1:00-1:50 On Ice
 2:20-3:20 Stand Strong/Build It
 3:20-4:20 Fitness
 4:20-4:35 Sign Out

Friday

7:30-7:45 Sign In
 8:00-8:50 On Ice
 9:20-10:30 Off Ice Shooting
 11:00-11:50 On Ice
 12:20-12:50 Lunch
 12:50-1:30 Strategy Session Room 203
 2:00-2:50 On Ice (Game)
 3:20-4:20 Warm Fuzzies and Goodbyes
 4:20-4:30 Sign Out

REMEMBER TO BRING:

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

NATIONAL
RINGETTE

SCHOOL

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.