

National Ringette School Richmond Hill Camp 2015 - U14 Group

Monday

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

Wednesday

7:15-7:30 Sign In
8:00-8:50 On Ice
9:20-10:30 Mental Training/Team Building
11:00-11:50 On Ice
12:20-1:00 Lunch
1:00-1:30 Goal Setting
2:00-2:50 On Ice
3:10-4:00 Off Ice Shooting
4:00-4:20 Balloon Wiggle
4:20-4:35 Sign Out

Friday

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

Tuesday

7:45-8:00 Sign In
8:00-9:00 Fitness
9:00-9:30 Nutrition/Snack
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 Strategy Session
3:20-4:20 Keep It Up/Group Cohesion Go!
4:20-4:35 Sign Out

Thursday

7:45-8:00 Sign In
8:00-8:30 HELP!
9:00-9:50 On Ice
10:20-11:00 Stand Strong/Build It
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

REMEMBER TO BRING:

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