

National Ringette School - Mt Pleasant Week 3 Camp Top Gun Group
August 17 - 21, 2015

Monday

	7:45am	Sign In
8:15am	9:15am	Ice
9:30am	10:30am	Fitness
10:30am	11:15am	Team Meeting and Cohesion Hands/Ice Breakers
11:15am	11:45am	Lunch
12:15pm	1:15pm	Ice
1:30pm	2:45pm	Snack and Goal Setting
3:15pm	4:15pm	Ice
	4:30pm	Pick Up

Tuesday

	7:45am	Sign In
8:15am	9:15am	Ice
9:30am	10:30am	Shooting - Session 1 and Snack
11:00am	12:00pm	Ice
12:15pm	12:45pm	Lunch
12:45pm	1:30pm	Mental Training
2:00pm	3:00pm	Ice
3:15pm	4:00pm	Build It
4:00pm	4:30pm	Stretch and Cool Down
	4:30pm	Pick Up

Wednesday

	7:45am	Sign In
8:15am	9:15am	Ice
9:30am	10:30am	Fitness and Snack
11:00am	12:00pm	Ice
12:15pm	12:45pm	Lunch
12:45pm	1:30pm	Trivia
2:00pm	3:00pm	Ice
3:15pm	4:30pm	Strategy Session
	4:30pm	Pick Up

Thursday

	7:45am	Sign In
8:15am	9:15am	Ice
9:30am	10:30am	Shooting - Session 2 and Snack
11:00am	12:00pm	Ice
12:15pm	12:45pm	Lunch
12:45pm	1:30pm	Go! Help!
2:00pm	3:00pm	Ice
3:15pm	4:30pm	Decision Making
	4:30pm	Pick Up

Friday

	7:45am	Sign In
8:15am	9:15am	Ice
9:30am	10:30am	Fitness and Snack
10:30am	11:15am	Nutrition
11:15am	11:45am	Lunch
12:15pm	1:15pm	Ice
1:30pm	2:45pm	Strategy Session and Stand Strong
3:15pm	4:15pm	Scrimmage - Ice
	4:30pm	Pick Up

<u>REMEMBER TO BRING:</u>	- Hat
	- Sunscreen
- Lunch and Snacks	- Bug spray
- Waterbottle	- Full equipment
- Running shoes	- Sharp skates
- Athletic clothes	- 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.