

**National Ringette School - Vernon Camp 2015 - Top Gun Group**  
**August 24 - 28, 2015**

**Monday**

	7:30am	Sign In
8:00am	8:55am	Ice
9:15am	10:15am	Fitness
10:15am	10:45am	Team Meeting and Cohesion Hands
11:15am	12:10pm	Ice
12:30pm	1:00pm	Lunch
1:00pm	2:00pm	Ice Breakers
2:30pm	3:25pm	Ice
3:45pm	4:30pm	Goal Setting
	4:30pm	Pick Up

**Tuesday**

	8:00am	Sign In
8:00am	8:30am	Build It
9:05am	10:00am	Ice
10:15am	11:15am	Mental Training
11:15am	11:45am	Lunch
12:20pm	1:15pm	Ice
1:30pm	2:30pm	Shooting - Session 1 and Snack
2:30pm	3:00pm	Strategy Session
3:35pm	4:30pm	Ice
	4:30pm	Pick Up

**Wednesday**

	8:00am	Sign In
8:00am	9:00am	Fitness
9:00am	9:45am	Trivia and Snack
10:10am	11:05am	Ice
11:30am	12:00pm	Lunch
12:00pm	1:00pm	Decision Making
1:25pm	2:20pm	Ice
2:45pm	3:45pm	Snack and Strategy Session
3:45pm	4:15pm	Team Building
4:40pm	5:30pm	Ice
	5:30pm	Pick Up

**Thursday**

	8:00am	Sign In
8:00am	8:30am	Go! Help!
9:05am	10:00am	Ice
10:15am	11:15am	Fitness
11:15am	11:45am	Lunch
12:20pm	1:15pm	Ice
1:30pm	2:30pm	Shooting - Session 2 and Snack
2:30pm	3:00pm	Strategy Session
3:35pm	4:30pm	Ice
	4:30pm	Pick Up

**Friday**

	7:30am	Sign In
8:00am	8:55am	Ice
9:15am	10:15am	Stand Strong
10:15am	10:45am	Team Building and Snack
11:15am	12:10pm	Ice
12:30pm	1:00pm	Lunch
1:00pm	2:00pm	Nutrition
2:30pm	3:25pm	Scrimmage - Ice
3:45pm	4:30pm	Wrap Up Activity
	4:30pm	Pick Up

<b><u>REMEMBER TO BRING:</u></b>	- 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.**