

**National Ringette School - Indus Camp 2015 - U10 AM - Half-day Group**  
**August 24 - 28, 2015**

**Monday**

	7:30am	Sign In
8:00am	9:00am	Ice
9:15am	10:15am	Team Meeting and Cohesion Hands/Ice Breakers
10:15am	11:15am	Snack and Go! Help!
11:15am	12:00pm	Gym Ringette
	12:00pm	Pick Up

**Tuesday**

	8:00am	Sign In
8:00am	8:30am	Trivia
9:00am	10:00am	Ice
10:15am	11:15am	Strategy Session and Snack
11:15am	12:00pm	Stand Strong
	12:00pm	Pick Up

**Wednesday**

	8:00am	Sign In
8:00am	8:15am	Team Building
8:45am	9:30am	Ice
9:45am	10:45am	Fitness
10:45am	12:00pm	Snack and Decision Making
	12:00pm	Pick Up

**Thursday**

	7:30am	Sign In
8:00am	8:45am	Ice
9:00am	10:00am	Shooting Session
10:00am	11:00am	Snack and Balloon Wiggle
11:00am	12:00pm	Goal Setting and Team Building
	12:00pm	Pick Up

**Friday**

	8:00am	Sign In
8:00am	8:30am	Strategy Session
9:00am	9:45am	Scrimmage - Ice
10:00am	11:00am	Snack and Build It
11:00am	12:00pm	Gym Ringette
	12:00pm	Pick Up

<b>REMEMBER TO BRING:</b>	- Sunscreen
- Lunch and Snacks	- Bug spray
- Waterbottle	- Full equipment
- Running shoes	- Sharp skates
- Athletic clothes	- Stick(s)
- Hat	



**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.**