

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

**Monday**

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

**Tuesday**

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

**Wednesday**

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

**Thursday**

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

**Friday**

	7:30am	Sign In
8:00am	8:45am	Ice
9:00am	10:00am	Nutrition and Snack
10:00am	11:00am	Fitness
11:00am	12:00pm	Stand Strong
12:00pm	12:30pm	Lunch
12:30pm	1:15pm	Strategy Session
1:45pm	2:30pm	Scrimmage - Ice
2:45pm	4:00pm	Wrap Up Activity
	4:00pm	Pick Up

**REMEMBER TO BRING:**

- |                    |                  |
|--------------------|------------------|
| - Lunch and Snacks | - Sunscreen      |
| - Waterbottle      | - Bug spray      |
| - Running shoes    | - Full equipment |
| - Athletic clothes | - Sharp skates   |
| - Hat              | - 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.**