

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

Monday

	8:00am	Sign In
8:15am	8:45am	Team Meeting and Cohesion Hands
9:05am	9:55am	Ice
10:15am	11:15am	Ice Breakers
11:15am	11:45am	Lunch
12:20pm	1:10pm	Ice
1:30pm	2:15pm	Snack and Goal Setting
2:15pm	3:00pm	Balloon Wiggle
3:35pm	4:25pm	Ice
	4:30pm	Pick Up

Thursday

	7:30am	Sign In
8:00am	8:50am	Ice
9:15am	10:00am	Shooting - Session 2
10:00am	10:45am	Go! Help!
11:15am	12:15pm	Ice
12:30pm	1:00pm	Lunch
1:00pm	2:00pm	Decision Making
2:30pm	3:20pm	Ice
3:45pm	4:30pm	Strategy Session
	4:30pm	Pick Up

Tuesday

	8:00am	Sign In
8:00am	9:00am	Fitness
9:00am	9:45am	Snack and Build It
10:10am	11:00am	Ice
11:15am	11:45am	Lunch
11:45am	12:45pm	Team Building
1:25pm	2:15pm	Ice
2:45pm	3:45pm	Shooting - Session 1
3:45pm	4:30pm	Strategy Session
	4:30pm	Pick Up

Friday

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

Wednesday

	8:00am	Sign In
8:00am	8:30am	Strategy Session
9:05am	9:55am	Ice
10:15am	11:00am	Trivia
11:00am	11:45am	Lunch and Team Building
12:20pm	1:10pm	Ice
1:30pm	2:15pm	Fitness
2:15pm	3:00pm	Mental Training
3:35pm	4:25pm	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.**