

## National Ringette School - Halifax U10 Group

Aug 10-14 2015

### Monday

7:30am	8:00am	Sign In
8:00am	9:00am	Team Meeting and Ice Breakers
9:30am	10:20am	Ice
10:30am	11:15am	Stand strong
11:15am	12:00pm	Lunch
12:30pm	1:20pm	Ice
1:30pm	2:15pm	Trivia
2:15pm	3:00pm	Back to back drawing
3:30pm	4:30pm	Ice
4:30pm		Pick Up

### Wednesday

8:00am		Sign In
8:00am	9:00am	Team outdoor games
9:30am	10:20am	Ice
10:30am	11:15am	Build it/Ballon wiggle
11:15am	12:00pm	Lunch
12:30pm	1:20pm	Ice
1:30pm	2:30pm	Fitness
2:30pm	3:00pm	Help
3:30pm	4:30pm	Ice
4:30pm		Pick Up

### Friday

8:00am		Sign In
8:00am	9:00am	Mental Training
9:00am	10:00am	Fitness
10:30am	11:20am	Ice
11:30am	12:20pm	Lunch
12:20pm	1:00pm	Team outdoor games
1:30pm	2:20pm	Ice
2:30pm	3:30pm	Decision Making
3:30pm	4:30pm	Warm and Fuzzies/Goodbyes
4:30pm		Pick Up

### Tuesday

8:00am		Sign In
8:15am	9:15am	Fitness
9:15am	10:00am	Goal Setting
10:30am	11:20am	Ice
11:30am	12:10pm	Lunch
12:10pm	1:00pm	Nutrition
1:30pm	2:20pm	Ice
2:30pm	3:30pm	Strategy session
3:30pm	4:30pm	Off ice Shooting
4:30pm		Pick Up

### Thursday

8:00am		Sign In
8:30am	9:20am	Ice
9:30am	10:30am	Fitness
10:30am	11:15am	Off ice Shooting
11:30am	12:20pm	Ice
12:30pm	1:10pm	Lunch
1:30pm	2:30pm	Strategy session
2:30pm	3:20pm	Ice
3:30pm	4:30pm	Cohesion Go
4:30pm		Pick Up

**REMEMBER TO BRING:**

- 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.**