

## National Ringette School - Halifax U10 Group

Aug 17 - 21 2015

### Monday

7:30am	8:00am	Sign In
8:30am	9:20pm	Ice
9:30am	10:20am	Team Meeting and Ice Breakers
10:30am	11:15am	Stand strong
11:30pm	12:20pm	Ice
12:30pm	1:15pm	Lunch
1:15p,	2:00pm	Trivia
2:30pm	3:20pm	Ice
3:30pm	4:30pm	Back to back
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	Off ice shooting
3:30m	4:30pm	Strategy session
4:30pm		Pick Up

### Wednesday

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

### Thursday

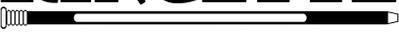
8:00am		Sign In
8:00am	9:00am	Team outdoor games
9:00am	10:00am	Off ice shooting
10:30am	11:20am	Ice
11:30am	12:15pm	Lunch
12:15pm	1:00pm	Cohesion Go
1:30pm	2:30pm	Ice
2:30pm	3:20pm	Strategy session
3:30pm	4:30pm	Fitness
4:30pm		Pick Up

### Friday

8:00am		Sign In
8:00am	9:00am	Fitness
9:30am	10:20am	Ice
10:30am	11:15am	Mental training
11:15am	12:00pm	Lunch
12:30pm	1:20pm	Ice
1:30pm	2:20pm	Decision making
2:30pm	3:00pm	Warm and fuzzies
3:30pm	4:30pm	Ice
4:30pm		Pick Up

#### **REMEMBER TO BRING:**

- |                    |                  |
|--------------------|------------------|
| - Lunch and Snacks | - Hat            |
| - Waterbottle      | - Sunscreen      |
| - Running shoes    | - Bug spray      |
| - Athletic clothes | - Full equipment |
|                    | - Sharp skates   |
|                    | - Stick(s)       |

NATIONAL  
**RINGETTE**  
  
**SCHOOL**

**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.**