

**National Ringette School - Callingwood Camp 2015 - U10 Group**  
**August 17 - 21, 2015**

**Monday**

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

**Tuesday**

	7:30am	Sign In
8:00am	9:00am	Ice (Arena B)
9:15am	10:00am	Snack and Build It
10:30am	11:30am	Ice (Arena B)
11:45am	12:45pm	Shooting - Session 1
12:45pm	1:15pm	Lunch
1:15pm	1:45pm	Strategy Session
2:15pm	3:15pm	Ice (Arena B)
3:30pm	4:00pm	Mental Training (Part 1)
	4:00pm	Pick Up

**Wednesday**

	7:30am	Sign In
8:00am	9:00am	Ice (Arena B)
9:15am	10:00am	Snack and Trivia
10:30am	11:30am	Ice (Arena B)
11:45am	12:45pm	Fitness
12:45pm	1:15pm	Lunch
1:15pm	1:45pm	Strategy Session
2:15pm	3:15pm	Ice (Arena B)
3:30pm	4:00pm	Mental Training (Part 2)
	4:00pm	Pick Up

**Thursday**

	8:00am	Sign In
8:00am	9:00am	Go! Help!
9:30am	10:30am	Ice (Arena A)
10:45am	11:45am	Shooting - Session 2
11:45am	12:30pm	Lunch and Strategy Session
1:00pm	2:00pm	Ice (Arena B)
2:30pm	3:15pm	Decision Making
3:15pm	4:00pm	Outdoor Activities
	4:00pm	Pick Up

**Friday**

	7:30am	Sign In
8:00am	9:00am	Ice (Arena B)
9:15am	10:15am	Nutrition and Snack
10:30am	11:30am	Ice (Arena B)
11:45am	12:45pm	Fitness
12:45pm	1:15pm	Lunch
1:15pm	1:45pm	Stand Strong
2:15pm	3:15pm	Scrimmage - Ice (Arena B)
3:30pm	4:00pm	Wrap Up Activity
	4:00pm	Pick Up

**REMEMBER TO BRING:**

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