

National Ringette School - Vernon Camp 2015 - U12/U14 Group
August 24 - 28, 2015

Monday

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

Tuesday

	7:30am	Sign In
8:00am	8:55am	Ice
9:15am	10:15am	Snack and Mental Training
10:15am	10:45am	Build It
11:15am	12:10pm	Ice
12:30pm	1:00pm	Lunch
1:00pm	2:00pm	Strategy Session
2:30pm	3:25pm	Ice
3:45pm	4:30pm	Team Building
	4:30pm	Pick Up

Wednesday

	7:30am	Sign In
8:00am	8:55am	Ice
9:15am	10:15am	Shooting - Session 1 and Snack
10:15am	10:45am	Trivia
11:15am	12:10pm	Ice
12:30pm	1:00pm	Lunch
1:00pm	2:00pm	Fitness
2:30pm	3:25pm	Ice
3:45pm	4:30pm	Nutrition
	4:30pm	Pick Up

Thursday

	8:00am	Sign In
8:00am	9:00am	Shooting - Session 2
9:00am	9:45am	Go! Help! And Snack
10:10am	11:05am	Ice
11:30am	12:00pm	Lunch
12:00pm	1:00pm	Decision Making
1:25pm	2:20pm	Ice
2:45pm	3:45pm	Outdoor Activity
3:45pm	4:30pm	Strategy Session
	4:30pm	Pick Up

Friday

	8:00am	Sign In
8:00am	8:30am	Strategy Session
9:05am	10:00am	Ice
10:15am	11:15am	Fitness
11:15am	11:50am	Lunch
12:20pm	1:15pm	Ice
1:30pm	2:15pm	Stand Strong
2:15pm	3:00pm	Wrap Up Activity
3:35pm	4:30pm	Scrimmage - Ice
	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.**