

**National Ringette School - Trico 2 Camp U12 Group
August 17 - 21, 2015**

Monday

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

Tuesday

	8:00am	Sign In
8:00am	8:45am	Build It
9:15am	10:15am	Ice
11:00am	11:30am	Lunch
11:45am	12:45pm	Ice
1:00pm	1:45pm	Mental Training
2:15pm	3:15pm	Ice
3:30pm	4:15pm	Shooting - Session 1
	4:15pm	Pick Up

Wednesday

	7:30am	Sign In
8:00am	9:00am	Ice
9:15am	10:15am	Strategy Session
10:30am	11:30am	Ice
11:45am	12:15pm	Lunch
12:15pm	12:45pm	Team Building
1:00pm	2:00pm	Ice
2:15pm	3:15pm	Fitness and Snack
3:15pm	4:15pm	Trivia
	4:15pm	Pick Up

Thursday

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

Friday

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

<u>REMEMBER TO BRING:</u>	- Sunscreen
- Lunch and Snacks	- Bug spray
- Waterbottle	- Full equipment
- Running shoes	- Sharp skates
- Athletic clothes	- Stick(s)
- Hat	- Swimming suit
	- Towel



**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.**