

**National Ringette School - Lacombe Camp 2015 - U12 Group**  
**August 24 - 28, 2015**

**Monday**

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

**Thursday**

	8:00am	Sign In
8:00am	8:30am	Go! Help!
9:05am	9:55am	Ice
10:15am	11:45am	Snack and Shooting - Session 2
11:45am	12:20pm	Lunch
12:20pm	1:10pm	Ice
1:30pm	2:15pm	Decision Making
2:15pm	3:00pm	Strategy Session
3:35pm	4:25pm	Ice
	4:30pm	Pick Up

**Tuesday**

	7:30am	Sign In
8:00am	8:50am	Ice
9:15am	10:00am	Mental Training
10:00am	10:45am	Build It
11:15am	12:05pm	Ice
12:15pm	12:45pm	Lunch
12:45pm	2:00pm	Strategy Session
2:30pm	3:20pm	Ice
3:30pm	4:30pm	Team Building
	4:30pm	Pick Up

**Friday**

	7:30am	Sign In
8:00am	8:50am	Ice
9:15am	10:15am	Fitness
10:15am	10:45am	Strategy Session
11:15am	12:05pm	Ice
12:30pm	1:00pm	Lunch
1:00pm	2:00pm	Stand Strong
2:30pm	3:20pm	Scrimmage - Ice
3:30pm	4:30pm	Wrap Up Activity
	4:30pm	Pick Up

**Wednesday**

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

<b>REMEMBER TO BRING:</b>	- 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.**