

National Ringette School - Indus Camp 2015 - U12/U14 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
10:15am	11:15am	Ice
11:30am	12:00pm	Lunch
12:00pm	1:00pm	Goal Setting
1:45pm	2:30pm	Ice
2:45pm	4:00pm	Snack and Fitness
	4:00pm	Pick Up

Thursday

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

Tuesday

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

Friday

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

Wednesday

	7:30am	Sign In
8:00am	8:45am	Ice
9:00am	10:00am	Shooting - Session 1 and Snack
10:30am	11:15am	Ice
11:30am	12:30pm	Trivia
12:30pm	1:15pm	Lunch
1:45pm	2:30pm	Ice
2:45pm	4:00pm	Snack and Team Building
	4:00pm	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.