

**National Ringette School Halifax Camp U12  
Aug 17-21, 2015**

**Monday**

Start Time	End Time	
7:30am	8:00am	Sign In
8:00am	9:00am	Team meeting and Ice breakers
9:30am	10:20am	Ice
10:30am	11:15am	Stand strong
11:15am	12:00pm	Lunch
12:30pm	1:20pm	Ice
1:30pm	2:15pm	Trivia
2:15pm	3:00pm	Back to back
3:30pm	4:20pm	Ice
4:30pm		Pick up

**Tuesday**

Start Time	End Time	
8:00am		Sign In
8:00am	9:00am	Team outdoor games
9:30am	10:20am	Ice
10:30am	11:15am	Goal setting
11:15am	12:00pm	Lunch
12:30pm	1:20pm	Ice
1:30pm	2:30pm	Nutrition
2:30pm	3:00pm	Strategy session
3:30pm	4:20pm	Ice
4:30pm		Pick up

**Wednesday**

Start Time	End Time	
8:00am		Sign In
8:00am	8:50am	Build it/Balloon wiggle
9:15am	10:00am	Team outdoor games
10:30am	11:20am	Ice
11:30am	12:20pm	Lunch
12:30pm	1:00pm	Help
1:30pm	2:20pm	Ice
2:30pm	3:30pm	Off ice shooting
3:30pm	4:30pm	Fitness
4:30pm		Pick Up

**Thursday**

Start Time	EndTime	
8:00am		Sign In
8:30am	9:20am	Ice
9:30am	10:30am	Fitness
10:30am	11:00am	Cohesion game
11:30am	12:20pm	Ice
12:30pm	1:15pm	Lunch
1:15pm	2:00pm	Strategy session
2:30pm	3:20pm	Ice
3:30pm	4:30pm	Off ice shooting
4:30pm		Pick Up

**Friday**

Start Time	End Time	
8:00am		Sign In
8:00am	9:00am	Fitness
9:00am	10:00am	Mental training
10:30am	11:20am	Ice
11:30am	12:15pm	Lunch
12:15pm	1:00pm	Decision making
1:30pm	2:20pm	Ice
2:30pm	3:30pm	Team outdoor games
3:30pm	4:30pm	Warm and fuzzies/goodbyes
4:30pm		Pick Up

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| <p><b>REMEMBER TO BRING:</b></p> <ul style="list-style-type: none"> <li>- Hat</li> <li>- Sunscreen</li> <li>- Lunch and Snacks</li> <li>- Waterbottle</li> <li>- Running shoes</li> <li>- Athletic clothes</li> <li>- Bug spray</li> <li>- Full equipment</li> <li>- Sharp skates</li> <li>- Stick(s)</li> </ul> |
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**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.**