

**National Ringette School - Mt Pleasant Week 2 Camp U12 - SKATES**  
**August 10 - 14, 2015**

**Monday**

7:30am	8:00am	Sign In
8:00am	8:45am	Team Meeting and Cohesion Hands
9:15am	10:15am	Ice
10:30am	11:30am	Shooting - Session 1
11:30am	12:30pm	Lunch + Ice Breakers
1:00pm	2:00pm	Ice
2:15pm	3:00pm	Fitness
3:30pm	4:30pm	Ice
		Pick Up

**Tuesday**

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

**Wednesday**

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

**Thursday**

	8:00am	Sign In
8:00am	8:45am	Decision Making
9:15am	10:15am	Ice
10:30am	11:30am	Shooting - Session 2
11:30am	12:30pm	Lunch and Goal Setting
1:00pm	2:00pm	Ice
2:30pm	4:15pm	Swimming
		Pick Up

**Friday**

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

**REMEMBER TO BRING:**

- |                    |                  |
|--------------------|------------------|
| - Lunch and Snacks | - Sunscreen      |
| - Waterbottle      | - Bug spray      |
| - Running shoes    | - Full equipment |
| - Athletic clothes | - Sharp skates   |
| - Hat              | - Stick(s)       |
|                    | - Swim 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.**