

National Ringette School - Halifax U12 Group
Aug 10-14 2015

Monday

| Start Time | End Time | |
|------------|----------|-------------------------------|
| 7:30am | 8:00am | Sign In |
| 8:00am | 9:00am | Team Meeting and Ice breakers |
| 9:00am | 10:00am | Off ice shooting |
| 10:00am | 11:00am | Fitness |
| 11:30am | 12:20am | Ice |
| 12:30pm | 1:20pm | Lunch |
| 1:20pm | 2:00pm | Trivia |
| 2:30pm | 3:20pm | Ice |
| 3:30pm | 4:30pm | Stand strong and Back to back |
| 4:30pm | | Pick Up |

Tuesday

| Start Time | End Time | |
|------------|----------|------------------|
| 8:00am | | Sign In |
| 8:30am | 9:20am | Ice |
| 9:30am | 10:20pm | Goal Setting |
| 10:30am | 11:00am | Strategy Session |
| 11:30am | 12:20pm | Ice |
| 12:30pm | 1:15pm | Lunch |
| 1:15pm | 2:00pm | Nutrition |
| 2:30pm | 3:20pm | Ice |
| 3:30pm | 4:30pm | Off ice shooting |
| 4:30pm | | Pick Up |

Wednesday

| Start Time | End Time | |
|------------|----------|--------------------|
| 8:00am | | Sign In |
| 8:00am | 9:00am | Strategy Session |
| 9:00am | 10:00am | Fitness |
| 10:30am | 11:20am | Ice |
| 11:30am | 12:15pm | Lunch |
| 12:20pm | 1:00pm | Help |
| 1:30pm | 2:20pm | Ice |
| 2:30pm | 3:30pm | Team outdoor games |
| 3:30pm | 4:30pm | Build it |
| 4:30pm | | Pick Up |

Thursday

| Start Time | End Time | |
|------------|----------|--------------------|
| 8:00am | | Sign in |
| 8:00am | 9:00am | Fitness |
| 9:30am | 10:20am | Ice |
| 10:30am | 11:15am | Nutrition |
| 11:15am | 12:00pm | Lunch |
| 12:30pm | 1:20pm | Ice |
| 1:30pm | 2:00pm | Team outdoor games |
| 2:00pm | 3:00pm | Off ice shooting |
| 3:30pm | 4:30pm | Ice |
| 4:30pm | | Pick Up |

Friday

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

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