

**National Ringette School - Callingwood Camp 2015 - U12 Group**  
**August 17 - 21, 2015**

**Monday**

	7:15am	Sign In
8:00am	9:00am	Ice (Arena B)
9:15am	10:00am	Team Meeting and Cohesion Hands
10:30am	11:30am	Ice (Arena B)
11:45am	12:45pm	Lunch and Ice Breakers
12:45pm	1:45pm	Fitness
2:15pm	3:15pm	Ice (Arena B)
3:30pm	4:00pm	Snack and Goal Setting
	4:00pm	Pick Up

**Tuesday**

	8:00am	Sign In
8:00am	9:00am	Fitness
9:30am	10:30am	Ice (Arena A)
10:45am	11:45am	Mental Training
11:45am	12:30pm	Lunch and Build It
1:00pm	2:00pm	Ice (Arena B)
2:15pm	3:15pm	Strategy Session
3:15pm	4:00pm	Team Building
	4:00pm	Pick Up

**Wednesday**

	8:00am	Sign In
8:00am	8:45am	Shooting - Session 1 and Snack
9:15am	10:15am	Ice (Arena B)
10:30am	11:30am	Trivia
11:45am	12:45pm	Ice (Arena B)
1:00pm	1:30pm	Lunch
2:30pm	3:30pm	Ice (Arena A)
3:45pm	4:00pm	Snack and Cool Down
	4:00pm	Pick Up

**Thursday**

	8:00am	Sign In
8:00am	9:00am	Shooting - Session 2
9:15am	10:15am	Ice (Arena B)
10:30am	11:30am	Snack and Go! Help!
11:45am	12:45pm	Ice (Arena B)
1:00pm	2:00pm	Lunch and Decision Making
2:30pm	3:30pm	Ice (Arena A)
3:45pm	4:00pm	Snack and Strategy Session
	4:00pm	Pick Up

**Friday**

	8:00am	Sign In
8:00am	9:00am	Fitness
9:30am	10:30am	Ice (Arena A)
10:45am	11:45am	Nutrition
11:45am	12:30pm	Lunch and Team Building
1:00pm	2:00pm	Scrimmage - Ice (Arena B)
2:15pm	3:15pm	Stand Strong
3:15pm	4:00pm	Wrap Up Activity
	4:00pm	Pick Up

**REMEMBER TO BRING:**

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