

National Ringette School - Lacombe Camp 2015 - U14/U16 Group
August 24 - 28, 2015

Monday

	8:00am	Sign In
8:15am	9:15am	Team Meeting and Cohesion Hands
9:15am	10:45am	Fitness and Snack
11:15am	12:05pm	Ice
12:30pm	1:00pm	Lunch
1:00pm	2:00pm	Ice Breakers
2:30pm	3:20pm	Ice
3:30pm	4:30pm	Goal Setting
	4:30pm	Pick Up

Tuesday

	8:00am	Sign In
8:00am	8:30am	Build It
9:05am	9:55am	Ice
10:15am	11:15am	Mental Training
11:15am	11:45am	Lunch
12:20pm	1:10pm	Ice
1:30pm	2:30pm	Shooting - Session 1 and Snack
2:30pm	3:00pm	Strategy Session
3:35pm	4:25pm	Ice
	4:30pm	Pick Up

Wednesday

	7:30am	Sign In
8:00am	8:50am	Ice
9:00am	10:00am	Fitness and Snack
10:00am	10:45am	Trivia
11:15am	12:05pm	Ice
12:30pm	1:00pm	Lunch
1:00pm	2:00pm	Decision Making
2:30pm	3:20pm	Ice
3:30pm	4:30pm	Strategy Session
	4:30pm	Pick Up

Thursday

	8:00am	Sign In
8:00am	9:00am	Fitness and Snack
9:00am	9:45am	Go! Help!
10:10am	11:00am	Ice
11:00am	12:00pm	Strategy Session
12:00pm	1:00pm	Lunch and Team Building
1:25pm	2:15pm	Ice
2:30pm	3:45pm	Shooting - Session 2 and Snack
3:45pm	4:30pm	Cool down and Stretch
	4:30pm	Pick Up

Friday

	8:00am	Sign In
8:00am	8:45am	Strategy Session and Stand Strong
9:05pm	9:55pm	Ice
10:15am	11:15am	Team Building
11:15am	11:45am	Lunch
12:20pm	1:10pm	Ice
1:30pm	2:30pm	Nutrition
2:30pm	3:00pm	Wrap Up Activity
3:35pm	4:25pm	Scrimmage - Ice
	4:30pm	Pick Up

<u>REMEMBER TO BRING:</u>	- 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.**