

National Ringette School - Callingwood Camp 2015 - U14/U16 Group
August 17 - 21, 2015

Monday

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

Tuesday

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

Wednesday

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

Thursday

	7:30am	Sign In
8:00am	9:00am	Ice (Arena B)
9:15am	10:15am	Decision Making
10:30am	11:30am	Ice (Arena B)
11:45am	12:45pm	Lunch and Strategy Session
12:45pm	1:45pm	Shooting - Session 2 and Snack
2:15pm	3:15pm	Ice (Arena B)
3:30pm	4:00pm	Go! Help!
	4:00pm	Pick Up

Friday

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