

**National Ringette School - Mt Pleasant Week 3 Camp U14 Group  
August 17 - 21, 2015**

**Monday**

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

**Tuesday**

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

**Wednesday**

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

**Thursday**

	8:00am	Sign In
8:00am	9:00am	Decision Making
9:30am	10:30am	Ice
10:45am	11:45am	Shooting - Session 2 and Snack
12:15pm	1:15pm	Ice
1:30pm	2:00pm	Lunch
2:00pm	3:00pm	Goal Setting
3:15pm	4:15pm	Ice
	4:30pm	Pick Up

**Friday**

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