

National Ringette School - Halifax U14/U16 Group
Aug 10-14 2015

Monday

7:30am	8:00am	Sign in
8:15am	9:15am	Team Meeting and Ice Breakers
9:20am	10:00am	Stand strong
10:30am	11:20am	Ice
11:30am	12:15pm	Lunch
12:15pm	1:00pm	Trivia
1:30pm	2:20pm	Ice
2:30pm	3:00pm	Back to back
3:30pm	4:30pm	Fitness
4:30pm		Pick up

Tuesday

8:00am		Sign In
8:00am	9:00am	Goal Setting
9:30am	10:20am	Ice
10:30am	11:15am	Nutrition
11:15pm	12:00pm	Lunch
12:30pm	1:20pm	Ice
1:30pm	2:30pm	Off Ice Shooting
2:30pm	3:00pm	Strategy session
3:30pm	4:20pm	Ice
4:30pm		Pick Up

Wednesday

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

Thursday

8:00am		Sign In
8:00am	9:00am	Off ice shooting
9:00am	10:00am	Strategy session
10:30am	11:20am	Ice
11:30am	12:15pm	Lunch
12:15pm	1:00pm	Balloon wiggle
1:30pm	2:20pm	Ice
2:30pm	3:30pm	Nutrition
3:30pm	4:30pm	Fitness
4:30pm		Pick up

Friday

8:00am		Sign In
8:30am	9:20am	Ice
9:30am	10:30am	Mental training
10:30am	11:00am	Team outdoor games
11:30am	12:20pm	Ice
12:30pm	1:15pm	Lunch
1:15pm	2:00pm	Decision Making
2:30pm	3:20pm	Ice
3:30pm	4:30pm	Goodbyes
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.**