

**National Ringette School - Trico 2 Camp U14/U16 Group  
August 17 - 21, 2015**

**Monday**

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

**Thursday**

|         |         |                                |
|---------|---------|--------------------------------|
|         | 7:30am  | Sign In                        |
| 8:00am  | 9:00am  | Ice                            |
| 9:15am  | 10:15am | Shooting - Session 2 and Snack |
| 10:30am | 11:30am | Ice                            |
| 11:45am | 12:30pm | Lunch                          |
| 1:00pm  | 2:00pm  | Ice                            |
| 2:30pm  | 3:30pm  | Swimming                       |
| 3:45pm  | 4:15pm  | Strategy Session               |
|         | 4:15pm  | Pick Up                        |

**Tuesday**

|         |         |                                |
|---------|---------|--------------------------------|
|         | 7:30am  | Sign In                        |
| 8:00am  | 9:00am  | Ice                            |
| 9:15am  | 10:15am | Mental Training                |
| 10:30am | 11:30am | Ice                            |
| 11:45am | 12:45pm | Lunch and Build It             |
| 1:00pm  | 2:00pm  | Ice                            |
| 2:15pm  | 3:15pm  | Shooting - Session 1 and Snack |
| 3:15pm  | 4:15pm  | Decision Making                |
|         | 4:15pm  | Pick Up                        |

**Friday**

|         |         |                         |
|---------|---------|-------------------------|
|         | 8:00am  | Sign In                 |
| 8:00am  | 9:00am  | Nutrition               |
| 9:00am  | 10:00am | Snack and Go! Help!     |
| 10:30am | 11:30am | Ice                     |
| 11:45am | 12:45pm | Lunch and Team Building |
| 12:45pm | 1:45pm  | Fitness                 |
| 2:15pm  | 3:15pm  | Scrimmage - Ice         |
| 3:30pm  | 4:15pm  | Wrap Up Activity        |
|         | 4:15pm  | Pick Up                 |

**Wednesday**

|         |         |                  |
|---------|---------|------------------|
|         | 8:00am  | Sign In          |
| 8:00am  | 9:00am  | Fitness          |
| 9:15am  | 10:15am | Ice              |
| 10:30am | 11:30am | Trivia and snack |
| 11:45am | 12:45pm | Ice              |
| 1:00pm  | 2:00pm  | Strategy Session |
| 2:15pm  | 3:15pm  | Ice              |
| 3:30pm  | 4:15pm  | Stand Strong     |
|         | 4:15pm  | Pick Up          |

**REMEMBER TO BRING:**

- |                    |                  |
|--------------------|------------------|
| - Lunch and Snacks | - Sunscreen      |
| - Waterbottle      | - Bug spray      |
| - Running shoes    | - Full equipment |
| - Athletic clothes | - Sharp skates   |
| - Hat              | - Stick(s)       |
|                    | - Swimming suit  |
|                    | - Towel          |



**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.**