

National Ringette School - Mt Pleasant Week 2 Camp U9/U10 - RINGS
August 10 - 14, 2015

Monday

7:15am	7:45am	Sign In
8:00am	9:00am	Ice
9:15am	10:15am	Snack, Team Meeting and Cohesion Hands
10:15am	11:15am	Ice Breakers
11:45am	12:45pm	Ice
1:00pm	1:30pm	Lunch
1:30pm	3:00pm	Swimming
3:15pm	4:30pm	Shooting - Session 1
	4:30pm	Pick Up

Tuesday

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

Wednesday

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

Thursday

7:30am	Sign In	
8:00am	9:00am	Ice
9:15am	10:15am	Snack and Decision Making
10:15am	11:15am	Trivia
11:45am	12:45pm	Ice
1:00pm	1:30pm	Lunch
1:30pm	2:15pm	Goal Setting
2:15pm	3:00pm	Team Building
3:30pm	4:30pm	Ice
	4:30pm	Pick Up

Friday

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

REMEMBER TO BRING:

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