

**National Ringette School - Halifax Top Gun Group
Aug 17-21 2015**

Monday

8:00am		Sign In
8:15am	8:45am	Team meeting
8:45am	10:00am	Fitness
10:30am	11:20am	Ice
11:15am	12:00pm	Lunch
12:00pm	1:00pm	Team building
1:30pm	2:20pm	Ice
2:30pm	3:30pm	Mental training
3:30pm	4:30pm	Team outdoor games
4:30pm	5:20pm	Ice

Tuesday

8:00am		Sign In
8:30am	9:20am	Ice
9:30am	10:30am	Fitness
10:30am	11:00am	Team outdoor games
11:30am	12:20am	Ice
12:30pm	1:15pm	Lunch
1:15pm	2:00pm	Strategy sessions
2:30pm	3:20pm	Ice
3:30m	4:30pm	Off ice shooting
4:30pm		Pick Up

Wednesday

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

Thursday

8:00am		Sign In
8:00am	9:00am	Off ice shooting
9:30am	10:20am	Ice
10:30am	11:15am	Team outdoor games
11:30am	12:00pm	Lunch
12:30pm	1:20pm	Ice
1:30pm	2:00pm	Strategy sessions
2:00pm	3:00pm	Fitness
3:30pm	4:30pm	Ice
4:30pm		Pick Up

Friday

8:00am		Sign In
8:30am	9:20am	Ice
9:30am	10:30am	Off ice shooting
10:30am	11:00am	Nutrition
11:30am	12:20pm	Ice
12:30pm	1:15pm	Lunch
1:15pm	2:00pm	Team outdoor games
2:30pm	3:20pm	Ice
3:30m	4:30pm	Wrap ups and goodbyes
4:30pm		Pick Up

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|---------------------------|------------------|
| REMEMBER TO BRING: | - 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.**