

National Ringette School- Ajax - 2008-2009
Ajax Community Centre - 75 Centennial Rd, Ajax, ON L1S 4S4
July 24-28, 2023

Monday	
7:45 AM	Sign In
8:15 AM to 9:05 AM	Ice
9:15 AM to 10:00 AM	Sign In Activity
10:00 AM to 10:45 AM	Ice Breakers
11:15 AM to 12:05 PM	Ice
12:15 PM to 1:15 PM	Lunch and Strategy Session
1:15 PM to 1:45 PM	Team Building
2:15 PM to 3:05 PM	Ice
3:15 PM to 4:15 PM	Fitness
4:15 PM	Pick Up

Thursday	
8:00 AM	Sign In
8:00 AM to 9:00 AM	Team Drawing
9:00 AM to 9:45 AM	Mental Training
10:15 AM to 11:05 AM	Ice
11:15 AM to 12:15 PM	Lunch and Strategy Session
12:15 PM to 12:45 PM	Team Building
1:15 PM to 2:05 PM	Ice
2:15 PM to 3:15 PM	Fitness
3:15 PM to 4:15 PM	Leader Listener
4:15 PM	Pick Up

Tuesday	
8:00 AM	Sign In
8:00 AM to 9:00 AM	Team Building
9:00 AM to 9:45 PM	Community Discussions
10:15 AM to 11:05 AM	Ice
11:15 AM to 12:15 PM	Lunch and Strategy Session
12:15 PM to 12:45 PM	Mental Training
1:15 PM to 2:05 PM	Ice
2:15 PM to 3:15 PM	Fitness
3:15 PM to 4:15 PM	Common Thread
4:15 PM	Pick Up

Friday	
7:45 AM	Sign In
8:15 AM to 9:05 AM	Ice
9:15 AM to 10:00 AM	Trivia!
10:00 AM to 10:45 AM	Chuck the Chicken
11:15 AM to 12:05 PM	Ice
12:15 PM to 1:15 PM	Lunch and Strategy Session
1:15 PM to 1:45 PM	Team Building
2:15 PM to 3:05 PM	Ice-Scrimmage!
3:15 PM to 3:45 PM	Snack and Games
3:45 PM to 4:15 PM	Wrap up/Goodbyes
4:15 PM	Pick up

Wednesday	
7:45 AM	Sign In
8:15 AM to 9:05 AM	Ice
9:15 AM to 10:00 AM	Task Direction
10:00 AM to 10:45 AM	Codebreaker
11:15 AM to 12:05 PM	Ice
12:15 PM to 1:15 PM	Lunch and Strategy Session
1:15 PM to 1:45 PM	Team Building
2:15 PM to 3:05 PM	Ice
3:15 PM to 4:15 PM	Flip it
4:15 PM	Pick Up

REMEMBER TO BRING:

- Nut free lunch and snacks - Bug spray
- Water bottle
- Running shoes
- Athletic clothes
- Hat
- Full equipment
- Sharp skates
- Stick(s)
- Sunscreen

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.

