

National Ringette School- Ajax - 2012-2013
Ajax Community Centre - 75 Centennial Rd, Ajax, ON L1S 4S4
July 24-28, 2023

Monday	
8:00 AM	Sign In
8:00 AM to 8:30 AM	Sign in Activity
8:30 AM to 9:45 AM	Ice Breakers
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 3:00 PM	Fitness
3:00 PM to 3:45 PM	Snack and Games
3:45 PM to 4:15 PM	1on1 Goal Setting
4:15 PM	Pick Up

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

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

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

Friday	
8:00 AM	Sign In
8:00 AM to 8:45 AM	Chuck the Chicken
9:15 AM to 10:05 AM	Ice
10:15 AM to 11:00 AM	Fitness
11:00 AM to 11:45 AM	Lunch and Strategy Session
12:15 PM to 1:05 PM	Ice-Scrimmage!
1:15 PM to 2:15 PM	Trivia!
2:15 PM to 2:45 PM	Snack and Games
2:45 PM to 3:30 PM	Team Building
3:30 PM to 4:15 PM	Wrap up/Goodbyes
4:15 PM	Pick up

REMEMBER TO BRING:

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