

National Ringette School- Arnprior - 2008-2011

Nick Smith Centre - 77 James St, Arnprior, ON

July 17-21 2023

Monday	
12:00 PM	Sign In
12:00 PM to 1:00 PM	Sign In Activity
1:00 PM to 1:30 PM	Ice Breakers
1:30 PM to 2:00 PM	Snack and Strategy Session
2:30 PM to 3:50 PM	Ice
4:00 PM to 4:45 PM	1on1 Goal Setting
4:45 PM	Pick Up

Thursday	
12:00 PM to	Sign In
12:00 PM to 1:00 PM	Fitness
1:00 PM to 1:30 PM	Leader Listener
1:30 PM to 2:00 PM	Snack and Mental Training
2:30 PM to 3:50 PM	Ice
4:00 PM to 4:45 PM	Team Drawing
4:45 PM	Pick Up

Tuesday	
12:00 PM to	Sign In
12:00 PM to 1:00 PM	Fitness
1:00 PM to 1:30 PM	Community Discussions
1:30 PM to 2:00 PM	Snack and Strategy Session
2:30 PM to 3:50 PM	Ice
4:00 PM to 4:45 PM	Common Thread
4:45 PM	Pick Up

Friday	
12:00 PM	Sign In
12:00 PM to 1:00 PM	Trivia!
1:00 PM to 1:30 PM	Chuck the Chicken
1:30 PM to 2:00 PM	Snack and Strategy Session
2:30 PM to 3:50 PM	Ice
4:00 PM to 4:45 PM	Wrap up/Goodbyes
4:45 PM	Pick Up

Wednesday	
12:00 PM	Sign In
12:00 PM to 1:00 PM	Codebreaker
1:00 PM to 1:30 PM	Task Direction
1:30 PM to 2:00 PM	Snack and Strategy Session
2:30 PM to 3:50 PM	Ice
4:00 PM to 4:45 PM	Flip it
4:45 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.

**NATIONAL
RINGETTE
SCHOOL**