

**National Ringette School- Arnprior - 2012-2014**

**Nick Smith Centre - 77 James St, Arnprior, ON**

**July 17-21 2023**

<b>Monday</b>	
12:00 PM	Sign In
12:00 PM to 12:30 PM	Sign In Activity
1:00 PM to 2:20 PM	Ice
2:30 PM to 3:00 PM	Snack and Strategy Session
3:00 PM to 4:00 PM	Ice Breakers
4:00 PM to 4:45 PM	1on1 Goal Setting
4:45 PM	Pick Up

<b>Thursday</b>	
12:00 PM to	Sign In
12:00 PM to 12:30 PM	Leader Listener
1:00 PM to 2:20 PM	Ice
2:30 PM to 3:00 PM	Snack and Mental Training
3:00 PM to 4:00 PM	Fitness
4:00 PM to 4:45 PM	Team Drawing
4:45 PM	Pick Up

<b>Tuesday</b>	
12:00 PM	Sign In
12:00 PM to 12:30 PM	Community Discussions
1:00 PM to 2:20 PM	Ice
2:30 PM to 3:00 PM	Snack and Strategy Session
3:00 PM to 4:00 PM	Fitness
4:00 PM to 4:45 PM	Common Thread
4:45 PM	Pick Up

<b>Friday</b>	
12:00 PM to	Sign In
12:00 PM to 12:30 PM	Chuck the Chicken
1:00 PM to 2:20 PM	Ice
2:30 PM to 3:00 PM	Snack and Strategy Session
3:00 PM to 4:00 PM	Trivia!
4:00 PM to 4:45 PM	Wrap up/Goodbyes
4:45 PM	Pick Up

<b>Wednesday</b>	
12:00 PM	Sign In
12:00 PM to 12:30 PM	Task Direction
1:00 PM to 2:20 PM	Ice
2:30 PM to 3:00 PM	Snack and Strategy Session
3:00 PM to 4:00 PM	Codebreaker
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.

