

National Ringette School- London - 2008-2011
Western Fair Arena - 865 Florence St, London, ON

July 17-21, 2023

Monday	
8:00 AM	Sign In
8:00 AM to 8:30 AM	Sign In Activity
9:00 AM to 9:50 AM	Ice
10:00 AM to 10:30 AM	Ice Breakers
11:00 AM to 11:50 AM	Ice
12:00 PM to 12:30 PM	Lunch and Strategy Session
1:00 PM to 1:50 PM	Ice
2:00 PM to 3:00 PM	Team Building
3:00 PM to 4:00 PM	1on1 Goal Setting
4:00 PM	Pick Up

Thursday	
8:00 AM	Sign In
8:00 AM to 9:00 AM	Fitness
9:00 AM to 9:30 AM	Leader Listener
10:00 AM to 10:50 AM	Ice
11:00 AM to 12:00 PM	Lunch and Strategy Session
12:00 PM to 12:30 PM	Team Building
1:00 PM to 1:50 PM	Ice
2:00 PM to 3:00 PM	Snack and Games
3:00 PM to 4:00 PM	Team Drawing
4:00 PM	Pick Up

Tuesday	
8:00 AM	Sign In
8:00 AM to 9:00 AM	Common Thread
9:00 AM to 9:30 AM	Community Discussions
10:00 AM to 10:50 AM	Ice
11:00 AM to 12:00 PM	Lunch and Strategy Session
12:00 PM to 12:30 PM	Mental Training
1:00 PM to 1:50 PM	Ice
2:00 PM to 3:00 PM	Snack and Games
3:00 PM to 4:00 PM	Fitness
4:00 PM	Pick Up

Friday	
8:00 AM	Sign In
8:00 AM to 8:30 AM	Team Building
9:00 AM to 9:50 AM	Ice
10:00 AM to 10:45 AM	Chuck the Chicken
10:45 AM to 11:30 AM	Lunch and Strategy Session
12:00 PM to 12:50 PM	Ice
1:00 PM to 1:30 PM	Trivia!
2:00 PM to 2:50 PM	Ice - Scrimmage!
3:00 PM to 4:00 PM	Wrap up/Goodbyes
4:00 PM	Pick Up

Wednesday	
8:00 AM	Sign In
8:00 AM to 8:30 AM	Task Direction
9:00 AM to 9:50 AM	Ice
10:00 AM to 10:45 AM	Flip it
10:45 AM to 11:30 AM	Lunch and Strategy Session
12:00 PM to 12:50 PM	Ice
1:00 PM to 2:00 PM	Codebreaker
2:00 PM to 2:30 PM	Team Building
3:00 PM to 3:50 PM	Ice
4:00 PM	Pick Up

REMEMBER TO BRING:

- Nut free lunch and snacks
- Water bottle
- Running shoes
- Athletic clothes
- Hat
- Bug spray
- 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.

