

National Ringette School- North Bay - 2008-2011
Pete Palangio Arena - 603 Wallace Rd, North Bay, ON
July 3-7, 2023

Monday	
8:00 AM	Sign In
8:00 AM to 9:00 AM	Sign In Activity
9:30 AM to 10:20 AM	Ice
10:30 AM to 11:00 AM	Ice Breakers
11:00 AM to 12:00 PM	Lunch and Strategy Session
12:00 PM to 1:00 PM	Fitness
1:30 PM to 2:20 PM	Ice
2:30 PM to 3:00 PM	Snack and 1on1 Goal Setting
3:30 PM to 4:00 PM	Games
4:00 PM	Pick Up

Thursday	
8:00 AM	Sign In
8:00 AM to 9:00 AM	Team Drawing
9:30 AM to 10:20 AM	Ice
10:30 AM to 11:00 AM	Leader Listener
11:00 AM to 12:00 PM	Lunch and Strategy Session
12:30 PM to 1:00 PM	Flip it
1:30 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	Pick Up

Tuesday	
8:00 AM	Sign In
8:30 AM to 9:20 AM	Ice
9:30 AM to 10:00 AM	Snack and Mental Training
10:00 AM to 11:00 AM	Common Thread
11:00 AM to 12:00 PM	Lunch and Strategy Session
12:30 PM to 1:20 PM	Ice
1:30 PM to 2:00 PM	Community Discussions
2:30 PM to 3:20 PM	Ice
3:30 PM to 4:00 PM	Snack and Games
4:00 PM	Pick Up

Friday	
8:00 AM	Sign In
8:30 AM to 9:20 AM	Ice
9:30 AM to 10:00 AM	Snack and Games
10:30 AM to 11:20 AM	Ice
11:30 AM to 12:30 PM	Lunch and Strategy Session
12:30 PM to 1:30 PM	Trivia!
1:30 PM to 2:00 PM	Chuck the Chicken
2:30 PM to 3:20 PM	Ice - Scrimmage!
3:30 PM to 4:00 PM	Wrap Up/Goodbyes
4:00 PM	Pick Up

Wednesday	
8:00 AM	Sign In
8:30 AM to 9:20 AM	Ice
9:30 AM to 10:00 AM	Snack and Games
10:30 AM to 11:20 AM	Ice
11:30 AM to 12:30 PM	Lunch and Strategy Session
12:30 PM to 1:00 PM	Task Direction
1:30 PM to 2:20 PM	Ice
2:30 PM to 3:30 PM	Snack and Games
3:30 PM to 4:00 PM	Codebreaker
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.