

National Ringette School- Ottawa- 2008-2009 TOP GUN
University of Ottawa Arena - 801 King Edward Ave, Ottawa, ON

July 10-14, 2023

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

Thursday		
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	Fitness
11:30 AM	to 12:20 PM	Ice
12:30 PM	to 1:30 PM	Lunch and Strategy Session
1:30 PM	to 2:00 PM	Team Drawing
2:30 PM	to 3:20 PM	Ice
3:30 PM	to 4:30 PM	Leader Listener
4:30 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	Fitness
11:30 AM	to 12:20 PM	Ice
12:30 PM	to 1:30 PM	Lunch and Strategy Session
1:30 PM	to 2:00 PM	Community Discussions
2:30 PM	to 3:20 PM	Ice
3:30 PM	to 4:30 PM	Common Thread
4:30 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
10:00 AM	to 11:00 AM	Chuck the Chicken
11:30 AM	to 12:20 PM	Ice
12:30 PM	to 1:30 PM	Lunch and Strategy Session
1:30 PM	to 2:00 PM	Trivia!
2:30 PM	to 3:20 PM	Ice - Scrimmage!
3:30 PM	to 4:30 PM	Wrap Up/Goodbyes
4:30 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
10:00 AM	to 11:00 AM	Fitness
11:30 AM	to 12:20 PM	Ice
12:30 PM	to 1:30 PM	Lunch and Strategy Session
1:30 PM	to 2:00 PM	Codebreaker
2:30 PM	to 3:20 PM	Ice
3:30 PM	to 4:30 PM	Task Direction
4:30 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.

**NATIONAL
RINGETTE
SCHOOL**