

National Ringette School- Ottawa- 2010-2011 DYNAMITE
University of Ottawa Arena - 801 King Edward Ave, Ottawa, ON

July 10-14, 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
12:30 PM	to 1:20 PM	Ice- Individual Skills
1:30 PM	to 2:30 PM	1on1 Goal Setting
2:30 PM	to 3:00 PM	Snack and Games
3:30 PM	to 4:20 PM	Ice
4:30 PM		Pick Up

Thursday		
8:00 AM		Sign In
8:00 AM	to 9:00 AM	Leader Listener
9:30 AM	to 10:20 AM	Ice
10:30 AM	to 11:00 AM	Mental Training
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	Snack and Games
2:00 PM	to 3:00 PM	Team Drawing
3:00 PM	to 4:30 PM	Fitness
4:30 PM		Pick Up

Tuesday		
8:00 AM		Sign In
8:00 AM	to 9:00 AM	Common Thread
9:30 AM	to 10:20 AM	Ice
10:30 AM	to 11:00 AM	Community Discussions
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	Snack and Mental Training
2:00 PM	to 3:00 PM	Fitness
3:00 PM	to 4:30 PM	Team Building
4:30 PM		Pick Up

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

Wednesday		
8:00 AM		Sign In
8:00 AM	to 9:00 AM	Flip it
9:30 AM	to 10:20 AM	Ice
10:30 AM	to 11:00 AM	Codebreaker
11:00 AM	to 12:00 PM	Lunch and Strategy Session
12:30 PM	to 1:20 PM	Ice- Individual Skills
1:30 PM	to 2:30 PM	Task Direction
2:30 PM	to 4:00 PM	Fitness
4:30 PM	to 5:20 PM	Ice
5:20 PM		Pick Up

REMEMBER TO BRING:

- Nut free lunch and snacks
- Bug spray
- Water bottle
- Full equipment
- Running shoes
- Sharp skates
- Athletic clothes
- Stick(s)
- Hat
- 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.

