

**National Ringette School- Ottawa- 2012-2013**  
**University of Ottawa Arena - 801 King Edward Ave, Ottawa, ON**  
**July 10-14, 2023**

<b>Monday</b>	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Sign In Activity
9:00 AM	to 10:00 AM Ice Breakers
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 Team Building
1:30 PM	to 2:20 PM Ice
2:30 PM	to 3:00 PM Snack and Games
3:00 PM	to 4:00 PM 1on1 Goal Setting
4:30 PM	Pick Up

<b>Thursday</b>	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Team Drawing
9:00 AM	to 10:00 AM Fitness
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 Leader Listener
1:30 PM	to 2:20 PM Ice
2:30 PM	to 3:00 PM Snack and Games
3:30 PM	to 4:20 PM Ice
4:30 PM	Pick Up

<b>Tuesday</b>	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Common Thread
9:00 AM	to 10:00 AM Fitness
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 Community Discussions
1:30 PM	to 2:20 PM Ice
2:30 PM	to 3:00 PM Snack and Mental Training
3:30 PM	to 4:20 PM Ice
4:30 PM	Pick Up

<b>Friday</b>	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Chuck the Chicken
9:00 AM	to 10:00 AM Trivia!
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 Team Building
1:30 PM	to 2:20 PM Ice - Scrimmage!
2:30 PM	to 3:00 PM Snack and Games
3:00 PM	to 4:00 PM Wrap Up/Goodbyes
4:30 PM	Pick Up

<b>Wednesday</b>	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Codebreaker
9:00 AM	to 10:00 AM Flip it
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
2:00 PM	to 3:00 PM Snack and Mental Training
3:30 PM	to 4:20 PM Ice
4:30 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.

