

National Ringette School- Red Deer - 2008-2011
Gary W. Harris Canada Games Centre - 120 College Cir, Red Deer, AB T4N 0T7
July 24-28, 2023

Monday		
7:30 AM		Sign In
8:00 AM	to 8:55 AM	Ice
9:05 AM	to 9:45 AM	Sign In Activity
9:45 AM	to 10:30 AM	Ice Breakers
10:30 AM	to 11:00 AM	Snack and Games
11:30 AM	to 12:25 PM	Ice
12:35 PM	to 1:35 PM	Lunch and Strategy Session
1:35 PM	to 2:30 PM	Fitness
3:00 PM	to 3:55 PM	Ice
4:05 PM	to 5:00 PM	1on1 Goal Setting
5:00 PM		Pick Up

Thursday		
7:30 AM		Sign In
8:00 AM	to 8:50 AM	Ice
9:00 AM	to 9:45 AM	Mental Training
9:45 AM	to 10:30 AM	Leader Listener
10:30 AM	to 11:00 AM	Snack and Games
11:30 AM	to 12:25 PM	Ice
12:35 PM	to 1:35 PM	Lunch and Strategy Session
1:35 PM	to 2:30 PM	Team Drawing
3:00 PM	to 3:55 PM	Ice
4:05 PM	to 5:00 PM	Team Building
5:00 PM		Pick Up

Tuesday		
8:00 AM		Sign In
8:00 AM	to 9:15 AM	Fitness
9:15 AM	to 10:20 AM	Community Discussions
10:20 AM	to 10:50 AM	Snack and Games
11:20 AM	to 12:15 PM	Ice
12:25 PM	to 1:25 PM	Lunch and Strategy Session
1:25 PM	to 2:20 PM	Common Thread
2:50 PM	to 3:45 PM	Ice
3:55 PM	to 4:30 PM	Mental Training
4:30 PM	to 5:00 PM	Team Building
5:00 PM		Pick Up

Friday		
8:00 AM		Sign In
8:00 AM	to 9:00 AM	Chuck the Chicken
9:00 AM	to 9:50 AM	Team Building
10:20 AM	to 11:15 AM	Ice
11:25 AM	to 12:25 PM	Lunch and Strategy Session
12:25 PM	to 1:20 PM	Trivia!
1:50 PM	to 2:45 PM	Ice - Scrimmage!
2:55 PM	to 3:30 PM	Snack and Games
3:30 PM	to 4:30 PM	Fitness
4:30 PM	to 5:00 PM	Wrap up/Goodbyes
5:00 PM		Pick Up

Wednesday		
7:30 AM		Sign In
8:00 AM	to 8:40 AM	Task Direction
9:10 AM	to 10:05 AM	Ice
10:15 AM	to 11:10 AM	Flip it
11:10 AM	to 12:10 PM	Lunch and Strategy Session
12:40 PM	to 1:35 PM	Ice
1:45 PM	to 2:45 PM	Team Drawing
2:45 PM	to 3:40 PM	Team Building
4:10 PM	to 5:00 PM	Ice
5:00 PM		Pick Up

REMEMBER TO BRING:

- Nut free lunch and snacks
- Bug spray
- 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.