

National Ringette School- Regina - 2008-2011
Cooperators Centre - 1700 Elphinstone St, Regina, SK
July 17-21, 2023

Monday		
7:30 AM		Sign In
8:00 AM	to 9:00 AM	Ice - #3 (RMP)
9:10 AM	to 10:00 AM	Sign In Activity
10:00 AM	to 11:15 AM	Ice Breakers
11:45 AM	to 12:45 PM	Ice - #3 (RMP)
12:55 PM	to 2:00 PM	Lunch and Strategy Session
2:00 PM	to 2:30 PM	Team Building
2:30 PM	to 3:15 PM	1on1 Goal Setting
3:30 PM	to 4:30 PM	Ice - #3 (RMP)
4:30 PM		Pick Up

Tuesday		
8:00 AM		Sign In
8:00 AM	to 9:00 AM	Fitness
9:00 AM	to 10:00 AM	Common Thread
10:30 AM	to 11:30 AM	Ice - #3 (RMP)
11:40 AM	to 12:40 PM	Lunch and Strategy Session
12:40 PM	to 1:15 PM	Task Direction
1:15 PM	to 1:45 PM	Team Building
2:15 PM	to 3:15 PM	Ice - #3 (RMP)
3:25 PM	to 4:30 PM	Snack and Games
4:30 PM		Pick Up

Wednesday		
7:30 AM		Sign In
8:00 AM	to 9:00 AM	Ice - #3 (RMP)
9:10 AM	to 9:40 AM	Snack and Games
9:40 AM	to 10:30 AM	Flip it
10:30 AM	to 11:15 AM	Task Direction
11:45 AM	to 12:45 PM	Ice - #3 (RMP)
12:55 PM	to 2:00 PM	Lunch and Strategy Session
2:00 PM	to 3:15 PM	Codebreaker
3:30 PM	to 4:30 PM	Ice - #3 (RMP)
4:30 PM		Pick Up

Thursday		
8:00 AM		Sign In
8:00 AM	to 8:45 AM	Team Drawing
8:45 AM	to 9:15 AM	Leader Listener
9:15 AM	to 9:45 AM	Team Building
10:15 AM	to 11:15 AM	Ice - #6 (Cooperators)
11:25 AM	to 12:30 PM	Lunch and Strategy Session
1:00 PM	to 2:00 PM	Ice - #3 (RMP)
2:10 PM	to 3:10 PM	Fitness
3:10 PM	to 3:40 PM	Snack and Games
3:40 PM	to 4:30 PM	Mental Training
4:30 PM		Pick Up

Friday		
7:30 AM		Sign In
8:00 AM	to 9:00 AM	Ice - #3 (RMP)
9:10 AM	to 10:00 AM	Snack and Games
10:00 AM	to 11:15 AM	Trivia!
11:45 AM	to 12:45 PM	Ice - #3 (RMP)
12:55 PM	to 2:00 PM	Lunch and Strategy Session
2:00 PM	to 2:45 PM	Chuck the Chicken
2:45 PM	to 3:15 PM	Wrap up/Goodbyes
3:30 PM	to 4:30 PM	Ice - Scrimmage! - #3 (RMP)
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

NATIONAL
RINGETTE
SCHOOL

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.