

National Ringette School- Regina - 2012-2013
Cooperators Centre - 1700 Elphinstone St, Regina, SK

July 17-21, 2023

Monday	
8:00 AM	Sign In
8:00 AM	to 8:45 AM Sign In Activity
9:15 AM	to 10:15 AM Ice - #3 (RMP)
10:25 AM	to 11:30 AM Ice Breakers
11:30 AM	to 12:30 PM Lunch and Strategy Session
1:00 PM	to 2:00 PM Ice - #3 (RMP)
2:10 PM	to 2:45 PM 1on1 Goal Setting
3:15 PM	to 4:15 PM Ice - #6 (Cooperators)
4:30 PM	Pick Up

Tuesday	
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 Common Thread
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 Mental Training
2:30 PM	to 3:15 PM Community Discussions
3:30 PM	to 4:30 PM Ice - #3 (RMP)
4:30 PM	Pick Up

Wednesday	
8:00 AM	Sign In
8:00 AM	to 8:45 AM Flip it
9:15 AM	to 10:15 AM Ice - #3 (RMP)
10:25 AM	to 11:30 AM Codebreaker
11:30 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 Task Direction
4:30 PM	Pick Up

Thursday	
7:30 AM	Sign In
8:00 AM	to 9:00 AM Ice - #3 (RMP)
9:10 AM	to 10:00 AM Mental Training
10:30 AM	to 11:30 AM Ice - #3 (RMP)
11:40 PM	to 12:40 PM Lunch and Strategy Session
12:40 PM	to 1:45 PM Team Drawing
2:15 PM	to 3:15 PM Ice - #3 (RMP)
3:40 PM	to 4:30 PM Leader Listener
4:30 PM	Pick Up

Friday	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Fitness
9:00 AM	to 10:15 AM Trivia!
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 1:45 PM Chuck the Chicken
2:15 PM	to 3:15 PM Ice - Scrimmage! - #3 (RMP)
3:25 PM	to 4:30 PM Wrap up/Goodbyes
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.