

**National Ringette School- Regina - 2014-2015**  
**Cooperators Centre - 1700 Elphinstone St, Regina, SK**

**July 17-21, 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 11:30 AM Ice - #3 (RMP)
11:40 AM	to 12:40 PM Lunch and Strategy Session
12:40 PM	to 1:45 PM Fitness
2:15 PM	to 3:15 PM Ice - #3 (RMP)
3:25 PM	to 4:30 PM 1on1 Goal Setting
4:30 PM	Pick Up

<b>Tuesday</b>	
8:00 AM	Sign In
8:00 AM	to 8:45 AM Common Thread
9:15 AM	to 10:15 AM Ice - #3 (RMP)
10:25 AM	to 11:00 AM Community Discussions
11:00 AM	to 12:00 PM Lunch and Strategy Session
12:00 PM	to 12:30 PM Team Building
1:00 PM	to 2:00 PM Ice - #3 (RMP)
2:10 PM	to 2:45 PM Mental Training
2:45 PM	to 3:15 PM Snack and Games
3:45 PM	to 4:45 PM Ice - #2 (Viterra)
4:45 PM	Pick Up

<b>Wednesday</b>	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Fitness
9:00 AM	to 10:00 AM Codebreaker
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 Flip it
1:15 PM	to 1:45 PM Task Direction
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

<b>Thursday</b>	
8:00 AM	Sign In
8:00 AM	to 8:45 AM Mental Training
9:15 AM	to 10:15 AM Ice - #3 (RMP)
10:25 AM	to 10:55 AM Leader Listener
10:55 AM	to 11:15 AM Snack and Games
11:45 PM	to 12:45 PM Ice - #3 (RMP)
12:55 PM	to 1:55 PM Lunch and Strategy Session
1:55 PM	to 3:00 PM Team Drawing
3:30 PM	to 4:30 PM Ice - #3 (RMP)
4:30 PM	Pick Up

<b>Friday</b>	
8:00 AM	Sign In
8:00 AM	to 8:45 AM Trivia!
9:15 AM	to 10:15 AM Ice - #3 (RMP)
10:25 AM	to 11:00 AM Chuck the Chicken
11:00 AM	to 12:00 PM Lunch and Strategy Session
12:00 PM	to 12:30 PM Team Building
1:00 PM	to 2:00 PM Ice - #3 (RMP)
2:10 PM	to 2:45 PM Wrap up/Goodbyes
3:15 PM	to 4:15 PM Ice - Scrimmage! - #1 (SaskTel)
4:30 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.

