

National Ringette School- Sudbury - 2008-2011
Countryside Arena - 253 Countryside Dr, Greater Sudbury, ON

July 10-14, 2023

Monday	
8:00 AM	Sign In
8:00 AM to 8:45 AM	Sign In Activity
9:15 AM to 10:05 AM	Ice
10:15 AM to 11:15 AM	Ice Breakers
11:15 AM to 12:15 PM	Lunch and Strategy Session
12:15 PM to 12:45 PM	Team Building
1:15 PM to 2:05 PM	Ice
2:15 PM to 3:00 PM	Snack and Games
3:00 PM to 4:00 PM	Fitness
4:00 PM to 4:30 PM	1on1 Goal Setting
4:30 PM	Pick Up

Thursday	
8:00 AM	Sign In
8:00 AM to 8:45 AM	Leader Listener
9:15 AM to 10:05 AM	Ice
9:15 AM to 11:15 AM	Team Drawing
10:15 AM to 12:15 PM	Lunch and Strategy Session
11:15 AM to 12:45 PM	Flip it
1:15 PM to 2:05 PM	Ice
2:15 PM to 3:00 PM	Snack and Games
3:15 PM to 3:45 PM	Mental Training
4:15 PM to 5:05 PM	Ice
5:05 PM	Pick Up

Tuesday	
7:45 AM	Sign In
8:15 AM to 9:05 AM	Ice
9:15 AM to 10:00 AM	Snack and Mental Training
10:00 AM to 10:45 AM	Community Discussions
10:45 AM to 11:45 AM	Lunch and Strategy Session
12:15 PM to 1:05 PM	Ice
1:15 PM to 2:15 PM	Common Thread
2:15 PM to 3:15 PM	Team Building
3:15 PM to 3:45 PM	Snack and Games
4:15 PM to 5:05 PM	Ice
5:05 PM	Pick Up

Friday	
8:00 AM	Sign In
8:00 AM to 8:45 AM	Team Building
9:15 AM to 10:05 AM	Ice
10:15 AM to 11:15 AM	Fitness
11:15 AM to 12:15 PM	Lunch and Strategy Session
12:15 PM to 12:45 PM	Trivia
1:15 PM to 2:05 PM	Ice - Scrimmage!
2:15 PM to 2:45 PM	Snack and Games
2:45 PM to 3:45 PM	Chuck the Chicken
3:45 PM to 4:30 PM	Wrap Up/Goodbyes
4:30 PM	Pick Up

Wednesday	
8:00 AM	Sign In
8:00 AM to 9:00 AM	Task Direction
9:00 AM to 10:00 AM	Fitness
10:00 AM to 10:45 AM	Snack and Games
11:15 AM to 12:05 PM	Ice
12:15 PM to 1:15 PM	Lunch and Strategy Session
1:15 PM to 2:15 PM	Codebreaker
2:15 PM to 2:45 PM	Team Building
3:15 PM to 4:05 PM	Ice
4:15 PM to 4:30 PM	Snack and Games
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.