

National Ringette School- Sudbury - 2014-2015
Countryside Arena - 253 Countryside Dr, Greater Sudbury, ON
July 10-14, 2023

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

Tuesday	
8:00 AM	Sign In
8:00 AM to 9:00 AM	Common Thread
9:00 AM to 9:45 AM	Mental Training
10:15 AM to 11:05 AM	Ice
11:15 AM to 12:15 PM	Lunch and Strategy Session
12:15 PM to 1:45 PM	Community Discussions
2:15 PM to 3:05 PM	Ice
3:15 PM to 4:30 PM	Snack and Games
4:30 PM	Pick Up

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

Thursday	
8:00 AM	Sign In
8:00 AM to 9:00 AM	Team Drawing
9:00 AM to 10:00 AM	Listener Leader
10:00 AM to 10:45 AM	Mental Training
11:15 AM to 12:05 PM	Ice
12:15 PM to 1:15 PM	Lunch and Strategy Session
1:15 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

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

REMEMBER TO BRING:

- Nut free lunch and snacks - Bug spray
- Water bottle
- Running shoes
- Athletic clothes
- Hat
- 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.

NATIONAL
RINGETTE

SCHOOL