

**National Ringette School- Sudbury - A/AA 2008-2011**  
**Countryside Arena - 253 Countryside Dr, Greater Sudbury, ON**

**July 10-14, 2023**

<b>Monday</b>	
7:45 AM	Sign In
8:15 AM to 9:05 AM	Ice
9:15 AM to 10:15 AM	Sign In Activity
10:15 AM to 10:45 AM	Ice Breakers
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	Team Building
2:15 PM to 3:15 PM	1on1 Goal Setting
3:15 PM to 3:45 PM	Snack and Games
4:15 PM to 5:05 PM	Ice
5:05 PM	Pick Up

<b>Tuesday</b>	
8:00 AM	Sign In
8:00 AM to 9:00 AM	Common Thread
9:00 AM to 10:00 AM	Fitness
10:00 AM to 10:45 AM	Snack and 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 2:00 PM	Community Discussion
2:00 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

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

<b>Thursday</b>	
7:45 AM	Sign In
8:15 AM to 9:05 AM	Ice
9:15 AM to 9:45 AM	Snack and Games
9:45 AM to 10:45 AM	Team Drawing
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	Leader Listener
2:15 PM to 3:15 PM	Fitness
3:15 PM to 4:30 PM	Mental Training
4:30 PM	Pick Up

<b>Friday</b>	
7:45 AM	Sign In
8:15 AM to 9:05 AM	Ice
9:15 AM to 10:00 AM	Snack and Games
10:00 AM to 10:45 AM	Chuck the Chicken
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	Team Building
2:15 PM to 3:15 PM	Trivia!
3:15 PM to 3:45 PM	Wrap Up/Goodbyes
4:15 PM to 5:05 PM	Ice - Scrimmage!
5:05 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.

