

**National Ringette School- Trico - 2008-2011**  
**Trico Centre For Family Wellness - 11150 Bonaventure Dr. SE, Calgary, AB T2J 6R9**  
**July 24-28, 2023**

<b>Monday</b>	
8:00 AM	Sign In
8:00 AM	to 8:30 AM Sign In Activity
9:00 AM	to 10:00 AM Ice
10:00 AM	to 10:30 AM Ice Breakers
10:30 AM	to 11:00 AM Snack and Games
11:30 AM	to 12:30 PM Ice
12:40 PM	to 1:40 PM Lunch and Strategy Session
1:40 PM	to 2:20 PM Fitness
2:20 PM	to 2:45 PM 1on1 Goal Setting
3:15 PM	to 4:15 PM Ice
4:15 PM	Pick Up

<b>Tuesday</b>	
8:00 AM	Sign In
8:00 AM	to 8:45 AM Common Thread
8:45 AM	to 9:45 AM Flip it
10:15 AM	to 11:15 AM Ice
11:25 AM	to 12:25 PM Lunch and Strategy Session
12:25 PM	to 1:00 PM Community Discussions
1:00 PM	to 1:30 PM Mental Training
2:00 PM	to 3:00 PM Ice
3:10 PM	to 4:15 PM Fitness
4:15 PM	Pick Up

<b>Wednesday</b>	
8:00 AM	Sign In
8:00 AM	to 8:30 AM Task Direction
9:00 AM	to 10:00 AM Ice
10:10 AM	to 11:00 AM Snack and Games
11:30 AM	to 12:30 PM Ice
12:40 PM	to 1:30 PM Lunch and Strategy Session
2:00 PM	to 3:00 PM Ice
3:10 PM	to 4:15 PM Codebreaker
4:15 PM	Pick Up

<b>Thursday</b>	
8:00 AM	Sign In
8:00 AM	to 8:45 AM Mental Training
8:45 AM	to 9:45 AM Team Drawing
10:15 AM	to 11:15 AM Ice
11:25 AM	to 12:25 PM Lunch and Strategy Session
12:25 PM	to 1:30 PM Leader Listener
2:00 PM	to 3:00 PM Ice
3:10 PM	to 4:15 PM Fitness
4:15 PM	Pick Up

<b>Friday</b>	
8:00 AM	Sign In
8:00 AM	to 8:30 AM Team Building
9:00 AM	to 10:00 AM Ice
10:00 AM	to 11:00 AM Trivia!
11:30 AM	to 12:30 PM Ice
12:40 PM	to 1:40 PM Lunch and Strategy Session
1:40 PM	to 2:15 PM Chuck the Chicken
2:15 PM	to 2:45 PM Wrap up/Goodbyes
3:15 PM	to 4:15 PM Ice-Scrimmage!
4:15 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.