

National Ringette School- Winnipeg - 2008-2011
Transcona East End Arena - 517 Pandora Ave E, Winnipeg, MB

July 17-21, 2023

Monday	
7:30 AM	Sign In
8:00 AM	to 8:50 AM Ice
9:00 AM	to 10:00 AM Sign In Activity
10:00 AM	to 10:45 AM Ice Breakers
11:15 AM	to 12:05 PM Ice
12:10 PM	to 1:10 PM Lunch and Strategy Session
1:10 PM	to 2:00 PM Team Building
2:30 PM	to 3:20 PM Ice
3:30 PM	to 4:30 PM Snack and 1on1 Goal Setting
4:30 PM	Pick Up

Thursday	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Fitness
9:00 AM	to 9:40 AM Leader Listener
10:10 AM	to 11:00 AM Ice
11:10 AM	to 12:10 PM Lunch and Strategy Session
12:10 PM	to 12:55 PM Mental Training
1:25 PM	to 2:15 PM Ice
2:25 PM	to 3:30 PM Snack and Team Building
3:30 PM	to 4:30 PM Team Drawing
4:30 PM	Pick Up

Tuesday	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Common Thread
9:00 AM	to 9:40 AM Mental Training
10:10 AM	to 11:00 AM Ice
11:10 AM	to 12:10 PM Lunch and Strategy Session
12:10 PM	to 12:55 PM Community Discussions
1:25 PM	to 2:15 PM Ice
2:25 PM	to 3:30 PM Snack and Games
3:30 PM	to 4:30 PM Fitness
4:30 PM	Pick Up

Friday	
7:30 AM	Sign In
8:00 AM	to 8:50 AM Ice
9:00 AM	to 10:00 AM Chuck the Chicken
10:00 AM	to 10:45 AM Team Building
11:15 AM	to 12:05 PM Ice
12:10 PM	to 1:10 PM Lunch and Strategy Session
1:10 PM	to 2:00 PM Trivia!
2:30 PM	to 3:20 PM Ice - Scrimmage!
3:30 PM	to 4:30 PM Wrap up/Goodbyes
4:30 PM	Pick Up

Wednesday	
7:30 AM	Sign In
8:00 AM	to 9:00 AM Ice
9:10 AM	to 10:00 AM Flip it
10:00 AM	to 11:15 AM Codebreaker
11:45 AM	to 12:45 PM Ice
12:55 PM	to 2:00 PM Lunch and Strategy Session
2:00 PM	to 2:30 PM Team Building
2:30 PM	to 3:15 PM Task Direction
3:30 PM	to 4:30 PM Ice
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

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.

