

National Ringette School- Winnipeg - 2012-2013
Transcona East End Arena - 517 Pandora Ave E, Winnipeg, MB

July 17-21, 2023

Monday	
8:00 AM	Sign In
8:00 AM	to 8:35 AM Sign In Activity
9:05 AM	to 9:55 AM Ice
10:05 AM	to 11:00 AM Ice Breakers
11:00 AM	to 11:50 AM Lunch and Strategy Session
12:20 PM	to 1:10 PM Ice
1:20 PM	to 2:05 PM 1on1 Goal Setting
2:05 PM	to 3:05 PM Team Building
3:35 PM	to 4:30 PM Ice
4:30 PM	Pick Up

Thursday	
7:30 AM	Sign In
8:00 AM	to 8:50 AM Ice
9:00 AM	to 10:00 AM Team Drawing
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 2:00 PM Leader Listener
2:30 PM	to 3:20 PM Ice
3:30 PM	to 4:30 PM Team Building
4:30 PM	Pick Up

Tuesday	
7:30 AM	Sign In
8:00 AM	to 8:50 AM Ice
9:00 AM	to 10:00 AM Fitness
10:00 AM	to 10:45 AM Community Discussions
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 Common Thread
2:30 PM	to 3:20 PM Ice
3:30 PM	to 4:00 PM Mental Training
4:00 PM	to 4:30 PM Team Building
4:30 PM	Pick Up

Friday	
8:00 AM	Sign In
8:00 AM	to 8:40 AM Fitness
8:40 AM	to 9:40 AM Trivia!
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 Team Building
1:25 PM	to 2:15 PM Ice - Scrimmage!
2:25 PM	to 3:30 PM Chuck the Chicken
3:30 PM	to 4:30 PM Wrap up/Goodbyes
4:30 PM	Pick Up

Wednesday	
8:00 AM	Sign In
8:00 AM	to 8:45 AM Task Direction
9:15 AM	to 10:15 AM Ice
10:25 AM	to 11:30 AM Flip it
11:30 AM	to 12:30 PM Lunch and Strategy Session
1:00 PM	to 2:00 PM Ice
2:10 PM	to 3:10 PM Codebreaker
3:10 PM	to 4:00 PM Fitness
4:00 PM	to 4:30 PM Team Building
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.