

**National Ringette School- Winnipeg - 2014-2015**  
**Transcona East End Arena - 517 Pandora Ave E, Winnipeg, MB**

**July 17-21, 2023**

<b>Monday</b>	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Sign In Activity
9:00 AM	to 9:40 AM Ice Breakers
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 1on1 Goal Setting
1:25 PM	to 2:15 PM Ice
2:25 PM	to 3:25 PM Team Building
3:25 PM	to 4:30 PM Fitness
4:30 PM	Pick Up

<b>Thursday</b>	
8:00 AM	Sign In
8:00 AM	to 8:35 AM Mental Training
9:05 AM	to 9:55 AM Ice
10:05 AM	to 10:50 AM Leader Listener
10:50 AM	to 11:50 AM Lunch and Strategy Session
12:20 PM	to 1:10 PM Ice
1:20 PM	to 2:20 PM Team Drawing
2:20 PM	to 3:05 PM Team Building
3:35 PM	to 4:30 PM Ice
4:30 PM	Pick Up

<b>Tuesday</b>	
8:00 AM	Sign In
8:00 AM	to 8:35 AM Community Discussions
9:05 AM	to 9:55 AM Ice
10:05 AM	to 10:50 AM Mental Training
10:50 AM	to 11:50 AM Lunch and Strategy Session
12:20 PM	to 1:10 PM Ice
1:20 PM	to 2:20 PM Common Thread
2:20 PM	to 3:05 PM Snack and Games
3:35 PM	to 4:30 PM Ice
4:30 PM	Pick Up

<b>Friday</b>	
8:00 AM	Sign In
8:00 AM	to 8:35 AM Chuck the Chicken
9:05 AM	to 9:55 AM Ice
10:05 AM	to 10:50 AM Team Building
10:50 AM	to 11:50 AM Lunch and Strategy Session
12:20 PM	to 1:10 PM Ice
1:20 PM	to 2:20 PM Trivia!
2:20 PM	to 3:05 PM Wrap up/Goodbyes
3:35 PM	to 4:30 PM Ice - Scrimmage!
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 10:00 AM Codebreaker
10:30 AM	to 11:30 AM Ice
11:40 AM	to 12:40 PM Lunch and Strategy Session
12:40 PM	to 1:45 PM Flip it
2:15 PM	to 3:15 PM Ice
3:25 PM	to 3:55 PM Snack and Games
3:55 PM	to 4:30 PM Task Direction
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.

