

National Ringette School- Barrie 2008-2011
Allandale Recreation Centre - 190 Bayview Dr, Barrie, ON L4N 4Y8
August 21-25, 2023

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

Thursday	
8:00 AM	Sign In
8:00 AM to 8:30 AM	Mental Training
9:00 AM to 9:50 AM	Ice
10:00 AM to 10:30 AM	Snack and Games
10:30 AM to 11:30 AM	Team Drawing
12:00 PM to 12:50 PM	Ice
1:00 PM to 2:00 PM	Lunch and Startegy Session
2:00 PM to 2:30 PM	Leader Listener
3:00 PM to 3:50 PM	Ice
4:00 PM to 4:15 PM	Team Building
4:15 PM	Pick Up

Tuesday	
8:00 AM	Sign In
8:00 AM to 8:30 AM	Community Discussions
9:00 AM to 9:50 AM	Ice
10:00 AM to 10:30 AM	Snack and Games
10:30 AM to 10:45 AM	Common Thread
10:45 AM to 11:30 AM	Mental Training
12:00 PM to 12:50 PM	Ice
1:00 PM to 2:00 PM	Lunch and Strategy Session
2:00 PM to 2:30 PM	Fitness
3:00 PM to 3:50 PM	Ice
4:15 PM	Pick Up

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

Wednesday	
8:00 AM	Sign In
8:00 AM to 8:45 AM	Flip It
8:45 AM to 9:30 AM	Codebreaker
10:00 AM to 10:50 AM	Ice
11:00 AM to 12:00 PM	Lunch and Staretyg Session
12:00 PM to 12:30 PM	Task Direction
1:00 PM to 1:50 PM	Ice
2:00 PM to 2:30 PM	Snack and Games
3:00 PM to 3:50 PM	Ice
3:50 PM to 4:15 PM	Team Building
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

NATIONAL
RINGETTE

SCHOOL

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.