

**National Ringette School- Barrie 2012-2014**  
**Allandale Recreation Centre - 190 Bayview Dr, Barrie, ON L4N 4Y8**  
**August 21-25, 2023**

<b>Monday</b>		
8:00 AM		Sign In
8:00 AM	to 8:30 AM	Sign In Activity
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	Ice Breakers
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	1on1 Goal Setting
3:00 PM	to 3:50 PM	Ice
4:00 PM	to 4:15 PM	Team Building
4:15 PM		Pick Up

<b>Thursday</b>		
8:00 AM		Sign In
8:00 AM	to 9:00 AM	Team Drawing
9:00 AM	to 9:30 AM	Team Building
10:00 AM	to 10:50 AM	Ice
11:00 AM	to 12:00 PM	Lunch and Strategy Session
12:00 PM	to 12:30 PM	Leader Listener
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	Mental Training
4:15 PM		Pick Up

<b>Tuesday</b>		
8:00 AM		Sign In
8:00 AM	to 8:45 AM	Community Discussions
8:45 AM	to 9:30 AM	Common Thread
10:00 AM	to 10:50 AM	Ice
11:00 AM	to 12:00 PM	Lunch and Strategy Session
12:00 PM	to 1:00 PM	Ringette: The Board Game
1:00 PM	to 1:30 PM	Mental Training
2:00 PM	to 2:50 PM	Ice
3:00 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	Fitness
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	Chuck the Chicken
12:00 PM	to 12:50 PM	Ice
1:00 PM	to 1:45 PM	Lunch and Strategy Session
1:45 PM	to 2:30 PM	Trivia!
3:00 PM	to 3:50 PM	Ice - Scrimmage!
4:00 PM	to 4:15 PM	Wrap Up / Goodbyes
4:15 PM		Pick Up

<b>Wednesday</b>		
8:00 AM		Sign In
8:00 AM	to 8:30 AM	Team Building
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	Codebreaker
12:00 PM	to 12:50 PM	Ice
1:00 PM	to 1:30 PM	Lunch and Strategy Session
2:00 PM	to 2:50 PM	Ice
3:00 PM	to 3:45 PM	Flip it
3:45 PM	to 4:15 PM	Task Direction
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**  


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**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.