

National Ringette School- Cornwall 2008-2011
APM Centre - 35 Mercedes Dr, Cornwall, PE COA 1H0

August 14-18, 2023

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

Thursday	
7:30 AM	Sign In
8:00 AM	to 8:50 AM Ice
9:00 AM	to 9:30 AM Leader Listener
9:30 AM	to 10:30 AM Team Drawing
11:00 AM	to 11:50 AM Ice
12:00 PM	to 1:00 PM Lunch and Strategy Session
1:00 PM	to 1:30 PM Mental Training
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 Fitness
4:15 PM	Pick Up

Tuesday	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Fitness
9:00 AM	to 9:30 AM Community Discussions
10:00 AM	to 10:50 AM Ice
11:00 AM	to 11:30 AM Common Thread
11:30 AM	to 12:30 PM Lunch and Strategy Session
1:00 PM	to 1:50 PM Ice
2:00 PM	to 2:30 PM Mental Training
2:30 PM	to 3:30 PM Ringette: The Board Game
3:30 PM	to 4:15 PM Team Building
4:15 PM	Pick Up

Friday	
8:00 AM	Sign In
8:00 AM	to 8:40 AM Fitness
9:10 AM	to 10:10 AM Ice
10:20 AM	to 11:10 AM Trivia!
11:10 AM	to 12:10 PM Lunch and Strategy Session
12:40 PM	to 1:40 PM Ice - Scrimmage!
1:50 PM	to 3:30 PM Chuck the Chicken
3:00 PM	to 3:30 PM Snack and Games
3:30 PM	to 4:15 PM Wrap Up/Goodbyes
4:15 PM	Pick Up

Wednesday	
8:00 AM	Sign In
8:00 AM	to 8:30 AM Task Direction
9:00 AM	to 9:50 AM Ice
10:00 AM	to 11:00 AM Flip it
11:00 AM	to 11:30 AM Snack and Games
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 Codebreaker
3:00 PM	to 3:50 PM Ice
4:15 PM	Pick Up

REMEMBER TO BRING:

- Nut free lunch and snacks
- Bug spray
- Water bottle
- Full equipment
- Running shoes
- Sharp skates
- Athletic clothes
- Stick(s)
- Hat
- 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.

