

National Ringette School- Cornwall 2012-2013
APM Centre - 35 Mercedes Dr, Cornwall, PE COA 1H0

August 14-18, 2023

Monday	
8:00 AM	Sign In
8:00 AM	to 8:30 AM Sign In Activity
8:30 AM	to 9:30 AM Icebreakers
10:00 AM	to 10:50 AM Ice
11:00 AM	to 11:30 AM Team Building
11:30 AM	to 12:30 PM Lunch and Strategy Session
1:00 PM	to 1:50 PM Ice
2:00 PM	to 3:00 PM Fitness
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 9:00 AM Team Drawing
9:00 AM	to 9:30 AM Mental Training
10:00 AM	to 10:50 AM Ice
11:00 AM	to 11:30 AM Leader Listener
11:30 AM	to 12:30 PM Lunch and Strategy Session
1:00 PM	to 1:50 PM Ice
2:00 PM	to 3:00 PM Fitness
3:00 PM	to 3:30 PM Snack and Games
3:30 PM	to 4:15 PM Ringette: The Board Game
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 10:45 AM Common Thread
10:45 AM	to 11:30 AM Snack and Games
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 Mental Training
3:00 PM	to 3:50 PM Ice
4:15 PM	Pick Up

Friday	
7:30 AM	Sign In
8:00 AM	to 9:00 AM Ice
9:10 AM	to 9:55 AM Trivia!
9:55 AM	to 10:30 AM Chuck the Chicken
10:30 AM	to 11:00 AM Snack and Games
11:30 AM	to 12:30 PM Ice
12:40 PM	to 1:40 PM Lunch and Strategy Session
1:40 PM	to 2:30 PM Wrap Up/Goodbyes
3:00 PM	to 4:00 PM Ice - Scrimmage!
4:15 PM	Pick Up

Wednesday	
7:30 AM	Sign In
8:00 AM	to 8:50 AM Ice
9:00 AM	to 10:00 AM Flip it
10:00 AM	to 10:30 AM Task Direction
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 Fitness
2:00 PM	to 2:50 PM Ice
3:00 PM	to 4:15 PM Codebreaker
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

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.

