

**National Ringette School- Edmonton 2008-2011 (4)**  
**Callingwood Arenas - 17740 69 Ave NW, Edmonton, AB T5T 6X3**  
**August 14-18, 2023**

<b>Monday</b>	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Sign In Activity
9:30 AM	to 10:30 AM Ice - CWA
10:40 AM	to 11:30 AM Ice Breakers
11:30 AM	to 12:30 PM Lunch and Strategy Session
12:30 PM	to 1:00 PM Team Building
1:30 PM	to 2:45 PM Ice - CWB
2:55 PM	to 3:15 PM 1on1 Goal Setting
3:45 PM	to 4:45 PM Ice - CWA
4:45 PM	Pick Up

<b>Tuesday</b>	
7:30 AM	Sign In
8:00 AM	to 9:00 AM Ice - CWB
9:10 AM	to 9:45 AM Community Discussions
9:45 AM	to 10:45 AM Fitness
10:45 AM	to 11:30 AM Snack and Games
12:00 PM	to 1:00 PM Ice - CWA
1:10 PM	to 2:10 PM Lunch and Strategy Session
2:10 PM	to 3:00 PM Common Thread
3:00 PM	to 3:45 PM Mental Training
3:45 PM	to 4:30 PM Team Building
4:30 PM	Pick Up

<b>Wednesday</b>	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Codebreaker
9:30 AM	to 10:30 AM Ice - CWA
10:40 AM	to 11:30 AM Flip it
11:30 AM	to 12:30 PM Lunch and Strategy Session
12:30 PM	to 1:00 PM Fitness
1:30 PM	to 2:45 PM Ice - CWB
2:55 PM	to 3:15 PM Task Direction
3:45 PM	to 4:45 PM Ice -CWA
4:45 PM	Pick Up

<b>Thursday</b>	
7:30 AM	Sign In
8:00 AM	to 9:00 AM Ice - CWB
9:10 AM	to 10:10 AM Team Drawing
10:10 AM	to 11:00 AM Fitness
11:00 AM	to 11:30 AM Snack and Games
12:00 PM	to 1:00 PM Ice - CWA
1:10 PM	to 2:10 PM Lunch and Strategy Session
2:10 PM	to 2:45 PM Leader Listener
2:45 PM	to 3:30 PM Mental Training
3:30 PM	to 4:30 PM Ringette: The Board Game
4:30 PM	Pick Up

<b>Friday</b>	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Chuck the Chicken
9:30 AM	to 10:30 AM Ice -CWA
10:30 AM	to 11:00 AM Team Building
11:00 AM	to 11:30 AM Snack and Games
12:00 PM	to 1:00 PM Ice -CWA
1:10 PM	to 2:00 PM Lunch and Strategy Session
2:00 PM	to 2:45 PM Trivia!
2:45 PM	to 3:15 PM Wrap Up/Goodbyes
3:45 PM	to 4:45 PM Ice - Scrimmage! - CWA
4:45 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.

