

**National Ringette School- Edmonton 2008-2011 (5)**  
**Callingwood Arenas - 17740 69 Ave NW, Edmonton, AB T5T 6X3**  
**August 14-18, 2023**

<b>Monday</b>	
7:45 AM	Sign In
8:15 AM	to 9:15 AM Ice - CWA
9:25 AM	to 10:15 AM Sign In Activity
10:45 AM	to 11:45 AM Ice - CWA
11:55 AM	to 12:55 PM Lunch and Strategy Session
12:55 PM	to 2:00 PM Ice Breakers
2:30 PM	to 3:30 PM Ice - CWA
3:40 PM	to 4:00 PM 1on1 Goal Setting
4:00 PM	to 4:30 PM Team Building
4:30 PM	Pick Up

<b>Thursday</b>	
8:00 AM	Sign In
8:00 AM	to 8:45 AM Leader Listener
9:15 AM	to 10:15 AM Ice - CWB
10:25 AM	to 11:30 AM Team Drawing
11:30 AM	to 12:30 PM Lunch and Strategy Session
12:30 PM	to 1:00 PM Mental Training
1:30 PM	to 2:45 PM Ice - CWB
2:55 PM	to 4:00 PM Fitness
4:00 PM	to 4:30 PM Team Building
4:30 PM	Pick Up

<b>Tuesday</b>	
8:00 AM	Sign In
8:00 AM	to 8:45 AM Community Discussions
9:15 AM	to 10:15 AM Ice - CWB
10:25 AM	to 11:00 AM Mental Training
11:00 AM	to 11:45 AM Ringette: The Board Game
11:45 AM	to 12:45 PM Lunch and Strategy Session
1:15 PM	to 2:15 PM Ice - CWA
2:25 PM	to 3:15 PM Common Thread
3:15 PM	to 4:30 PM Fitness
4:30 PM	Pick Up

<b>Friday</b>	
7:45 AM	Sign In
8:15 AM	to 9:15 AM Ice - CWA
9:25 AM	to 10:00 AM Team Building
10:30 AM	to 11:30 AM Ice - CWB
11:40 AM	to 12:40 PM Lunch and Strategy Session
12:40 PM	to 1:25 PM Trivia!
1:25 PM	to 2:00 PM Wrap Up/Goodbyes
2:30 PM	to 3:30 PM Ice - Scrimmage! - CWA
3:40 PM	to 4:30 PM Chuck the Chicken
4:30 PM	Pick Up

<b>Wednesday</b>	
7:45 AM	Sign In
8:15 AM	to 9:15 AM Ice - CWA
9:25 AM	to 10:00 AM Task Direction
10:30 AM	to 11:30 AM Ice - CWB
11:40 AM	to 12:40 PM Lunch and Strategy Session
12:40 PM	to 1:30 PM Flip it
1:30 PM	to 2:00 PM Team Building
2:30 PM	to 3:30 PM Ice - CWA
3:40 PM	to 4:30 PM Codebreaker
4:30 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.