

**National Ringette School- Edmonton 2012-2013 (2)**  
**Callingwood Arenas - 17740 69 Ave NW, Edmonton, AB T5T 6X3**  
**August 14-18, 2023**

<b>Monday</b>	
7:30 AM	Sign In
8:00 AM to 9:00 AM	Ice - CWB
9:10 AM to 10:00 AM	Sign In Activity
10:00 AM to 11:00 AM	Ice Breakers
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 3:10 PM	Fitness
3:10 PM to 4:00 PM	1on1 Goal Setting
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 9:00 AM	Community Discussions
9:30 AM to 10:30 AM	Ice - CWA
10:40 AM to 11:30 AM	Common Thread
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 3:15 PM	Snack and Games
3:45 PM to 4:45 PM	Ice - CWA
4:45 PM	Pick Up

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

<b>Thursday</b>	
7:45 AM	Sign In
8:15 AM to 9:15 AM	Ice - CWA
9:25 AM to 10:15 AM	Mental Training
10:45 AM to 11:45 AM	Ice - CWA
11:55 AM to 12:55 PM	Lunch and Strategy Session
12:55 PM to 1:55 PM	Team Drawing
1:55 PM to 2:30 PM	Leader Listener
3:00 PM to 4:30 PM	Ice - CWB
4:30 PM	Pick Up

<b>Friday</b>	
8:00 AM	Sign In
8:00 AM to 8:30 AM	Ringette: The Board Game
9:00 AM to 10:15 AM	Ice - CWB
10:25 AM to 11:25 AM	Trivia!
11:25 AM to 12:45 PM	Lunch and Strategy Session
1:15 PM to 2:15 PM	Ice - Scrimmage! - CWA
2:25 PM to 3:15 PM	Fitness
3:15 PM to 4:00 PM	Chuck the Chicken
4:00 PM to 4:30 PM	Wrap Up/Goodbyes
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.