

**National Ringette School- Edmonton 2012-2013 (3)**  
**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
9:00 AM	to 9:45 AM	Ice Breakers
10:15 AM	to 11:30 AM	Ice - CWB
11:40 AM	to 12:40 PM	Lunch and Strategy Session
12:40 PM	to 1:40 PM	Fitness
1:40 PM	to 2:30 PM	1on1 Goal Setting
3:00 PM	to 4:30 PM	Ice - CWB
4:30 PM		Pick Up

<b>Thursday</b>		
8:00 AM		Sign In
8:00 AM	to 9:00 AM	Team Drawing
9:30 AM	to 10:30 AM	Ice - CWA
10:40 AM	to 11:30 AM	Leader Listener
11:30 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	Mental Training
3:45 PM	to 4:45 PM	Ice - CWA
4:45 PM		Pick Up

<b>Tuesday</b>		
7:45 AM		Sign In
8:15 AM	to 9:15 AM	Ice - CWA
9:25 AM	to 10:15 AM	Community Discussions
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	Common Thread
1:45 PM	to 2:30 PM	Mental Training
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 9:00 AM	Chuck the Chicken
9:00 AM	to 9:45 AM	Fitness
9:45 AM	to 10:15 AM	Ringette: The Board Game
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	Trivia!
1:55 PM	to 2:30 PM	Wrap Up/Goodbyes
3:00 PM	to 4:30 PM	Ice - Scrimmage! - CWB
4:30 PM		Pick Up

<b>Wednesday</b>		
7:30 AM		Sign In
8:00 AM	to 9:00 AM	Ice - CWB
9:10 AM	to 10:00 AM	Flip it
10:00 AM	to 10:45 AM	Task Direction
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 3:10 PM	Codebreaker
3:10 PM	to 4:10 PM	Fitness
4:10 PM	to 4:30 PM	Team Building
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.

