

National Ringette School- Edmonton 2014-2015
Callingwood Arenas - 17740 69 Ave NW, Edmonton, AB T5T 6X3
August 14-18, 2023

Monday	
8:00 AM	Sign In
8:00 AM	to 8:45 AM Sign In Activity
9:15 AM	to 10:15 AM Ice - CWB
10:25 AM	to 11:45 AM Ice Breakers
11:45 AM	to 12:45 PM Lunch and Strategy Session
1:15 PM	to 2:15 PM Ice - CWA
2:25 PM	to 3:30 PM Fitness
3:30 PM	to 4:00 PM Snack and Games
4:00 PM	to 4:30 PM 1on1 Goal Setting
4:30 PM	Pick Up

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

Tuesday	
8:00 AM	Sign In
8:00 AM	to 8:45 AM Community Discussions
8:45 AM	to 9:30 AM Team Building
9:30 AM	to 10:00 AM Mental Training
10:30 AM	to 11:30 AM Ice - CWB
11:30 AM	to 12:30 PM Lunch and Strategy Session
12:30 PM	to 1:15 PM Common Thread
1:15 PM	to 2:00 PM Fitness
2:30 PM	to 3:30 PM Ice - CWA
3:30 PM	to 4:30 PM Snack and Games
4:30 PM	Pick Up

Friday	
7:30 AM	Sign In
8:00 AM	to 9:00 AM Ice - CWB
9:10 AM	to 10:15 AM Chuck the Chicken
10:15 AM	to 11:30 AM Trivia!
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 - Scrimmage! - CWB
2:55 PM	to 3:45 PM Snack and Games
3:45 PM	to 4:30 PM Wrap Up/Goodbyes
4:30 PM	Pick Up

Wednesday	
8:00 AM	Sign In
8:00 AM	to 8:45 AM Flip it
9:15 AM	to 10:15 AM Ice - CWB
10:25 AM	to 11:45 AM Codebreaker
11:45 AM	to 12:45 PM Lunch and Strategy Session
1:15 PM	to 2:15 PM Ice - CWA
2:25 PM	to 3:30 PM Fitness
3:30 PM	to 4:00 PM Snack and Games
4:00 PM	to 4:30 PM Task Direction
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.