

**National Ringette School- Goderich - 2008-2011**  
**Goderich YMCA Arena - 190 Suncoast Dr E, Goderich, ON N7A 4N4**  
**July 31-August 4, 2023**

<b>Monday</b>	
8:00 AM	Sign In
8:00 AM to 8:30 AM	Sign In Activity
9:00 AM to 9:50 AM	Ice
10:00 AM to 10:30 AM	Ice Breakers
10:30 AM to 11:30 AM	Fitness
11:30 AM to 12:30 PM	Lunch and Strategy Session
12:30 PM to 1:30 PM	Team Building
2:00 PM to 2:50 PM	Ice
3:00 PM to 3:45 PM	1on1 Goal Setting
3:45 PM to 4:15 PM	Snack and Games
4:15 PM	Pick Up

<b>Thursday</b>	
8:00 AM	Sign In
8:00 AM to 8:30 AM	Mental Training
8:30 AM to 9:30 AM	Team Drawing
10:00 AM to 10:50 AM	Ice
11:00 AM to 12:00 PM	Lunch and Strategy Session
12:00 PM to 12:30 PM	Leader Listener
1:00 PM to 1:50 PM	Ice
2:00 PM to 2:30 PM	Team Building
3:00 PM to 3:50 PM	Ice
4:00 PM to 4:15 PM	Snack and Games
4:15 PM	Pick Up

<b>Tuesday</b>	
8:00 AM	Sign In
8:00 AM to 8:45 AM	Common Thread
8:45 AM to 9:30 AM	Mental Training
10:00 AM to 10:50 AM	Ice
11:00 AM to 11:30 AM	Community Discussions
11:30 AM to 12:30 PM	Lunch and Strategy Session
1:00 PM to 1:50 PM	Ice
2:00 PM to 3:00 PM	Fitness
3:00 PM to 3:50 PM	Ice
4:00 PM to 4:15 PM	Snack and Games
4:15 PM	Pick Up

<b>Friday</b>	
8:00 AM	Sign In
8:00 AM to 8:30 AM	Team Building
9:00 AM to 9:50 AM	Ice
10:00 AM to 10:45 AM	Trivia!
10:45 AM to 11:30 AM	Chuck the Chicken
11:30 AM to 12:30 PM	Lunch and Strategy Session
12:30 PM to 1:30 PM	Fitness
2:00 PM to 2:50 PM	Ice-Scrimmage!
3:00 PM to 3:45 PM	Wrap up/Goodbyes
3:45 PM to 4:15 PM	Snack and Games
4:15 PM	Pick Up

<b>Wednesday</b>	
8:00 AM	Sign In
8:00 AM to 8:30 AM	Task Direction
9:00 AM to 9:50 AM	Ice
10:00 AM to 10:30 AM	Snack and Games
11:00 AM to 11:50 AM	Ice
12:00 PM to 1:00 PM	Lunch and Strategy Session
1:00 PM to 1:30 PM	Flip it
2:00 PM to 2:50 PM	Ice
3:00 PM to 4:15 PM	Codebreaker
4:15 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.

