

**National Ringette School- Goderich - 2012-2015**  
**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 8:45 AM	Sign In Activity
8:45 AM	to 9:30 AM	Ice Breakers
10:00 AM	to 10:50 AM	Ice
11:00 AM	to 11:30 AM	1on1 Goal Setting
11:30 AM	to 12:30 PM	Lunch and Strategy Session
12:30 PM	to 1:30 PM	Team Building
1:30 PM	to 2:30 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>Thursday</b>		
8:00 AM		Sign In
8:00 AM	to 8:30 AM	Mental Training
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	Team Building
2:00 PM	to 2:50 PM	Ice
3:00 PM	to 3:45 PM	Team Drawing
3:45 PM	to 4:15 PM	Leader Listener
4:15 PM		Pick Up

<b>Tuesday</b>		
8:00 AM		Sign In
8:00 AM	to 8:30 AM	Community Discussions
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	Mental Training
2:00 PM	to 2:50 PM	Ice
3:00 PM	to 3:45 PM	Common Thread
3:45 PM	to 4:15 PM	Team Building
4:15 PM		Pick Up

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

