

National Ringette School- Gravenhurst - 2015 and Earlier (Group 1)
Centennial Arena - 101 Centennial Dr, Gravenhurst, ON P1P 1B7

August 8-11, 2023

Tuesday	
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 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 3:30 PM Snack and Games
3:30 PM	to 4:00 PM 1on1 Goal Setting
4:00 PM	to 4:30 PM Team Building
4:30 PM	Pick Up

Wednesday	
8:00 AM	Sign In
8:00 AM	to 8:30 AM Common Thread
8:30 AM	to 9:30 AM Code Breaker
10:00 AM	to 10:50 AM Ice
11:00 AM	to 11:30 AM Mental Training
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 4:30 PM Snack and Games
4:30 PM	Pick Up

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.

Thursday	
8:00 AM	Sign In
8:00 AM	to 8:30 AM Leader Listener
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 4:00 PM Team Drawing
4:00 PM	to 4:30 PM Team Building
4:30 PM	Pick Up

Friday	
8:00 AM	Sign In
8:00 AM	to 8:45 AM Chuck the Chicken
8:45 AM	to 9:30 AM Fitness
9:30 AM	to 10:30 AM Trivia!
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 - Scrimmage!
3:00 PM	to 4:00 PM Ringette: The Board Game
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

