

National Ringette School- Gravenhurst - 2015 and Earlier (Group 2)
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
9:30 AM	to 10:30 AM	Fitness
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	Community Discussions
2:00 PM	to 2:50 PM	Ice
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
9:00 AM	to 9:50 AM	Ice
10:00 AM	to 10:30 AM	Mental Training
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	Task Direction
2:00 PM	to 2:50 PM	Ice
3:00 PM	to 3:30 PM	Snack and Games
3:30 PM	to 4:30 PM	Codebreaker
4:30 PM		Pick Up

Thursday		
8:00 AM		Sign In
8:00 AM	to 8:45 AM	Flip it
8:45 AM	to 9:30 AM	Team Drawing
10:00 AM	to 10:50 AM	Ice
11:00 AM	to 11:30 AM	Ringette: The Board Game
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	Mental Training
3:00 PM	to 3:50 PM	Ice
4:00 PM	to 4:30 PM	Leader Listener
4:30 PM		Pick Up

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

- REMEMBER TO BRING:**
- Nut free lunch and snacks- Bug spray
 - Water bottle
 - Running shoes
 - Athletic clothes
 - Hat
 - Full equipment
 - Sharp skates
 - Stick(s)
 - Sunscreen

