

National Ringette School- Halifax 2008-2011
HRM 4 Pad - 61 Gary Martin Dr, Bedford, NS B4B 1G7

August 21-25, 2023

Monday	
8:00 AM	Sign In
8:00 AM	to 8:45 AM Sign In Activity
8:45 AM	to 9:45 AM Ice Breakers
10:15 AM	to 11:05 AM Ice
11:15 AM	to 11:45 AM Team Building
11:45 AM	to 12:45 PM Lunch and Strategy Session
12:45 PM	to 1:45 PM 1on1 Goal Setting
2:15 PM	to 3:05 PM Ice
3:15 PM	to 4:00 PM Fitness
4:00 PM	to 4:15 PM Snack and Games
4:15 PM	Pick Up

Tuesday	
8:00 AM	Sign In
8:00 AM	to 8:45 AM Community Discussions
9:15 AM	to 10:05 AM Ice
10:15 AM	to 11:15 AM Fitness
11:15 AM	to 11:45 AM Common Thread
11:45 AM	to 12:45 PM Lunch and Strategy Session
1:15 PM	to 2:05 PM Ice
2:15 PM	to 2:45 PM Mental Training
3:15 PM	to 4:05 PM Ice
4:15 PM	Pick Up

Wednesday	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Flip it
9:00 AM	to 9:45 AM Codebreaker
10:15 AM	to 11:05 AM Ice
11:15 AM	to 11:45 AM Team Building
11:45 AM	to 12:45 PM Lunch and Strategy Session
1:15 PM	to 2:05 PM Ice
2:15 PM	to 2:45 PM Task Direction
3:15 PM	to 4:05 PM Ice
4:15 PM	Pick Up

Thursday	
8:00 AM	Sign In
8:00 AM	to 8:45 AM Leader Listener
9:15 AM	to 10:05 AM Ice
10:15 AM	to 11:15 AM Team Drawing
11:15 AM	to 11:45 AM Team Building
11:45 AM	to 12:45 PM Lunch and Strategy Session
1:15 PM	to 2:05 PM Ice
2:15 PM	to 2:45 PM Mental Training
3:15 PM	to 4:05 PM Ice
4:15 PM	Pick Up

Friday	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Fitness
9:00 AM	to 9:45 AM Trivia!
10:15 AM	to 11:05 AM Ice
11:15 AM	to 11:45 AM Team Building
11:45 AM	to 12:45 PM Lunch and Strategy Session
12:45 PM	to 1:45 PM Chuck the Chicken
2:15 PM	to 3:05 PM Ice - Scrimmage!
3:15 PM	to 4:00 PM Ringette: The Board Game
4:00 PM	to 4:15 PM Wrap Up/Goodbyes
4:15 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.