

National Ringette School- Hamilton - 2008-2009
Mohawk 4 Ice Centre - 710 Mountain Brow Blvd, Hamilton, ON L8T 5A9

August 8-11, 2023

Tuesday		
8:00 AM		Sign In
8:00 AM	to 8:55 AM	Sign In Activity
9:25 AM	to 10:15 AM	Ice
10:25 AM	to 11:00 AM	Ice Breakers
11:00 AM	to 11:55 AM	Lunch and Strategy Session
12:25 PM	to 1:15 PM	Ice
1:25 PM	to 1:55 PM	Common Thread
1:55 PM	to 2:25 PM	Codebreaker
2:25 PM	to 2:55 PM	1on1 Goal Setting
3:25 PM	to 4:15 PM	Ice
4:25 PM	to 4:45 PM	Team Building
4:45 PM		Pick Up

Wednesday		
8:00 AM		Sign In
8:00 AM	to 9:00 AM	Flip it
9:00 AM	to 9:55 AM	Team Building
10:25 AM	to 11:15 AM	Ice
11:25 AM	to 12:00 PM	Community Discussions
12:00 PM	to 1:00 PM	Lunch and Strategy Session
1:00 PM	to 1:55 PM	Fitness
2:25 PM	to 3:15 PM	Ice
3:25 PM	to 3:55 PM	Mental Training
3:55 PM	to 4:45 PM	Task Direction
4:45 PM		Pick Up

Thursday		
8:00 AM		Sign In
8:00 AM	to 8:55 AM	Leader Listener
9:25 AM	to 10:15 AM	Ice
10:25 AM	to 11:25 AM	Team Drawing
11:25 AM	to 11:55 AM	Mental Training
11:55 AM	to 12:55 PM	Lunch and Strategy Session
1:25 PM	to 2:15 PM	Ice
2:25 PM	to 3:15 PM	Ringette: The Board Game
3:15 PM	to 4:15 PM	Fitness
4:15 PM	to 4:45 PM	Snack and Games
4:45 PM		Pick Up

Friday		
7:55 AM		Sign In
8:25 AM	to 9:15 AM	Ice
9:25 AM	to 10:15 AM	Trivia!
10:15 AM	to 10:55 AM	Team Building
11:25 AM	to 12:15 PM	Ice
12:25 PM	to 1:25 PM	Lunch and Strategy Session
1:25 PM	to 1:55 PM	Chuck the Chicken
2:25 PM	to 3:15 PM	Ice - Scrimmage!
3:25 PM	to 4:00 PM	Snack and Games
4:00 PM	to 4:45 PM	Wrap Up/Goodbyes
4:45 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.

**NATIONAL
RINGETTE
SCHOOL**