

National Ringette School- Hamilton - 2010-2011
Mohawk 4 Ice Centre - 710 Mountain Brow Blvd, Hamilton, ON L8T 5A9

August 8-11, 2023

Tuesday		
7:55 AM		Sign In
8:25 AM	to 9:15 AM	Ice
9:25 AM	to 9:45 AM	Sign In Activity
9:45 AM	to 10:30 AM	Ice Breakers
10:30 AM	to 10:55 AM	Common Thread
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	1on1 Goal Setting
2:25 PM	to 3:15 PM	Ice
3:25 PM	to 4:00 PM	Snack and Games
4:00 PM	to 4:45 PM	Team Building
4:45 PM		Pick Up

Wednesday		
8:00 AM		Sign In
8:00 AM	to 8:55 AM	Community Discussions
9:25 AM	to 10:15 AM	Ice
10:25 AM	to 11:15 AM	Flip it
11:15 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	Codebreaker
3:15 PM	to 4:00 PM	Fitness
4:00 PM	to 4:45 PM	Task Direction
4:45 PM		Pick Up

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

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

