

National Ringette School- Hamilton - 2012-2013
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 8:45 AM Sign In Activity
8:45 AM	to 9:55 AM Ice Breakers
10:25 AM	to 11:15 AM Ice
11:25 AM	to 12:25 PM Lunch and Strategy Session
12:25 PM	to 12:55 PM Common Thread
1:25 PM	to 2:15 PM Ice
2:25 PM	to 3:25 PM Ringette: The Board Game
3:25 PM	to 3:55 PM 1on1 Goal Setting
3:55 PM	to 4:45 PM Fitness
4:45 PM	Pick Up

Wednesday	
7:55 AM	Sign In
8:25 AM	to 9:15 AM Ice
9:25 AM	to 10:00 AM Task Direction
10:00 AM	to 11:00 AM Codebreaker
11:00 AM	to 11:55 AM Lunch and Strategy Session
12:25 PM	to 1:15 PM Ice
1:25 PM	to 1:45 PM Mental Training
1:45 PM	to 2:15 PM Community Discussions
2:15 PM	to 2:55 PM Snack and Games
3:25 PM	to 4:15 PM Ice
4:25 PM	to 4:45 PM Team Building
4:45 PM	Pick Up

Thursday	
7:55 AM	Sign In
8:25 AM	to 9:15 AM Ice
9:25 AM	to 10:15 AM Flip it
10:15 AM	to 11:00 AM Leader Listener
11:00 AM	to 11:55 AM Lunch and Strategy Session
12:25 PM	to 1:15 PM Ice
1:25 PM	to 1:45 PM Mental Training
1:45 PM	to 2:15 PM Fitness
2:15 PM	to 2:55 PM Snack and Games
3:25 PM	to 4:15 PM Ice
4:25 PM	to 4:45 PM Team Building
4:45 PM	Pick Up

Friday	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Team Drawing
9:00 AM	to 9:55 AM Chuck the Chicken
10:25 AM	to 11:15 AM Ice
11:25 AM	to 12:30 PM Lunch and Strategy Session
12:30 PM	to 12:55 PM Team Building
1:25 PM	to 2:15 PM Ice - Scrimmage!
2:25 PM	to 3:15 PM Fitness
3:15 PM	to 4:15 PM Trivia!
4:15 PM	to 4:45 PM Wrap Up/Goodbyes
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

