

National Ringette School- Mount Pleasant 1 - 2008-2011
Mount Pleasant Arena - 2310 6 St NW, Calgary, AB T2M 1N7

August 8-11, 2023

Tuesday		
7:30 AM		Sign In
8:00 AM	to 8:50 AM	Ice
9:00 AM	to 9:30 AM	Sign in Activity
9:30 AM	to 10:00 AM	Ice Breakers
10:00 AM	to 10:45 AM	Common Thread
11:15 AM	to 12:05 PM	Ice
12:15 PM	to 1:15 PM	Lunch and Strategy Session
1:15 PM	to 2:00 PM	Mental Training
2:30 PM	to 3:20 PM	Ice
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 8:45 AM	Community Discussions
9:15 AM	to 10:15 AM	Ice
10:25 AM	to 11:30 AM	Codebreaker
11:30 AM	to 12:30 AM	Lunch and Strategy Session
1:00 PM	to 2:00 PM	Ice
2:10 PM	to 2:40 PM	Task Direction
2:40 PM	to 3:40 PM	Flip it
3:40 PM	to 4:30 PM	Fitness
4:30 PM		Pick Up

Thursday		
8:00 AM		Sign In
8:00 AM	to 9:00 AM	Team Drawing
9:00 AM	to 9:40 AM	Ringette: The Board Game
10:10 AM	to 11:00 AM	Ice
11:10 AM	to 12:10 PM	Lunch and Strategy Session
12:10 PM	to 12:55 PM	Mental Training
1:25 PM	to 2:15 PM	Ice
2:25 PM	to 3:30 PM	Fitness
3:30 PM	to 4:30 PM	Leader Listener
4:30 PM		Pick Up

Friday		
7:30 AM		Sign In
8:00 AM	to 9:00 AM	Ice
9:10 AM	to 10:00 AM	Trivia!
10:00 AM	to 10:30 AM	Snack and Team Building
10:30 AM	to 11:15 AM	Chuck the Chicken
11:45 AM	to 12:45 PM	Ice
12:55 PM	to 1:55 PM	Lunch and Strategy Session
1:55 PM	to 2:30 PM	Fitness
2:30 PM	to 3:00 PM	Wrap up/Goodbyes
3:30 PM	to 4:30 PM	Ice-Scrimmage!
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
- Water bottle
- Running shoes
- Athletic clothes
- Hat
- Bug spray
- Full equipment
- Sharp skates
- Stick(s)
- Sunscreen

