

**National Ringette School- Mount Pleasant 1 - 2012-2013**  
**Mount Pleasant Arena - 2310 6 St NW, Calgary, AB T2M 1N7**

**August 8-11, 2023**

| <b>Tuesday</b>       |                            |
|----------------------|----------------------------|
| 8:00 AM              | Sign In                    |
| 8:00 AM to 8:40 AM   | Sign in Activity           |
| 8:40 AM to 9:40 AM   | Ice Breakers               |
| 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 | Common Thread              |
| 1:25 PM to 2:15 PM   | Ice                        |
| 2:25 PM to 3:00 PM   | Snack and Games            |
| 3:00 PM to 3:30 PM   | 1on1 Goal Setting          |
| 3:30 PM to 4:30 PM   | Ringette: The Board Game   |
| 4:30 PM              | Pick Up                    |

| <b>Wednesday</b>     |                                 |
|----------------------|---------------------------------|
| 7:30 AM              | Sign In                         |
| 8:00 AM to 9:00 AM   | Ice                             |
| 9:10 AM to 10:00 AM  | Flip it                         |
| 10:00 AM to 10:45 AM | Fitness                         |
| 10:45 AM to 11:15 AM | Snack and Community Discussions |
| 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   | Mental Training                 |
| 2:30 PM to 3:00 PM   | Task Direction                  |
| 3:30 PM to 4:30 PM   | Ice                             |
| 4:30 PM              | Pick Up                         |

| <b>Thursday</b>      |                            |
|----------------------|----------------------------|
| 7:30 AM              | Sign In                    |
| 8:00 AM to 8:50 AM   | Ice                        |
| 9:00 AM to 10:00 AM  | Codebreaker                |
| 10:00 AM to 10:45 AM | Team Drawing               |
| 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   | Leader Listener            |
| 2:30 PM to 3:20 PM   | Ice                        |
| 3:30 PM to 4:30 PM   | Fitness                    |
| 4:30 PM              | Pick Up                    |

| <b>Friday</b>        |                            |
|----------------------|----------------------------|
| 8:00 AM              | Sign In                    |
| 8:00 AM to 9:00 AM   | Chuck the Chicken          |
| 9:00 AM to 10:00 AM  | Fitness                    |
| 10:30 AM to 11:30 AM | Ice                        |
| 11:45 AM to 12:45 PM | Lunch and Strategy Session |
| 12:45 PM to 1:45 PM  | Trivia!                    |
| 2:15 PM to 3:15 PM   | Ice-Scrimmage!             |
| 3:25 PM to 4:00 PM   | Snack and Mental Training  |
| 4:00 PM to 4:30 PM   | Wrap up/Goodbyes           |
| 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

