

National Ringette School- Mount Pleasant 1 - 2014-2015
Mount Pleasant Arena - 2310 6 St NW, Calgary, AB T2M 1N7

August 8-11, 2023

Tuesday		
8:00 AM		Sign In
8:00 AM	to 8:35 AM	Sign in Activity
9:05 AM	to 9:55 AM	Ice
10:05 AM	to 11:00 AM	Ice Breakers
11:00 AM	to 11:50 AM	Lunch and Strategy Session
12:20 PM	to 1:10 PM	Ice
1:25 PM	to 2:00 PM	Common Thread
2:00 PM	to 2:45 PM	Fitness
2:45 PM	to 3:05 PM	1on1 Goal Setting
3:35 PM	to 4:30 PM	Ice
4:30 PM		Pick Up

Thursday		
8:00 AM		Sign In
8:00 AM	to 8:35 AM	Leader Listener
9:05 AM	to 9:55 AM	Ice
10:05 AM	to 11:00 AM	Team Drawing
11:00 AM	to 11:50 AM	Lunch and Strategy Session
12:20 PM	to 1:10 PM	Ice
1:20 PM	to 2:05 PM	Fitness
2:05 PM	to 2:30 PM	Mental Training
2:30 PM	to 3:05 PM	Ringette: The Board Game
3:35 PM	to 4:30 PM	Ice
4:30 PM		Pick Up

Wednesday		
8:00 AM		Sign In
8:00 AM	to 9:00 AM	Codebreaker
9:00 AM	to 10:00 AM	Flip it
10:30 AM	to 11:30 AM	Ice
11:40 AM	to 12:40 PM	Lunch and Strategy Session
12:40 PM	to 1:15 PM	Task Direction
1:15 PM	to 1:45 PM	Mental Training
2:15 PM	to 3:15 PM	Ice
3:25 PM	to 4:30 PM	Snack and Community Discussions
4:30 PM		Pick Up

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

