

National Ringette School- Mount Pleasant 2 - 2008-2009
Mount Pleasant Arena - 2310 6 St NW, Calgary, AB T2M 1N7
August 14-18, 2023

Monday	
7:30 AM	Sign In
8:00 AM	to 8:50 AM Ice
9:00 AM	to 9:45 AM Sign in Activity
9:45 AM	to 10:45 AM Ice Breakers
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 1on1 Goal Setting
2:30 PM	to 3:20 PM Ice
3:30 PM	to 4:30 PM Fitness
4:30 PM	Pick Up

Thursday	
8:00 AM	Sign In
8:00 AM	to 9:00 AM Fitness
9:00 AM	to 9:40 AM Leader Listener
10:10 AM	to 11:00 AM Ice
11:10 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 3:30 PM Team Building
3:30 PM	to 4:30 PM Team Drawing
4:30 PM	Pick Up

Tuesday	
8:00 AM	Sign In
8:00 AM	to 8:40 AM Community Discussions
9:00 AM	to 9:40 AM Team Building
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 4:00 PM Fitness
4:00 PM	to 4:30 PM Mental Training
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 Chuck the Chicken
10:00 AM	to 10:45 AM Trivia!
10:45 AM	to 11:15 AM Snack and Games
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 Team Building
2:30 PM	to 3:00 PM Wrap up/Goodbyes
3:30 PM	to 4:30 PM Ice-Scrimmage!
4:30 PM	Pick up

Wednesday	
7:30 AM	Sign In
8:00 AM	to 8:50 AM Ice
9:00 AM	to 10:00 AM Ringette: The Board Game
10:00 AM	to 10:45 AM Task Direction
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 Flip it
2:30 PM	to 3:20 PM Ice
3:30 PM	to 4:30 PM Codebreaker
4:30 PM	Pick Up

REMEMBER TO BRING:

- Nut free lunch and snacks
- Water bottle
- Running shoes
- Athletic clothes
- Hat
- Bug spray
- Full equipment
- Sharp skates
- Stick(s)
- Sunscreen

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.

