

National Ringette School- Mount Pleasant 2 - 2010-2011
Mount Pleasant Arena - 2310 6 St NW, Calgary, AB T2M 1N7

August 14-18, 2023

| Monday | |
|---------------|--|
| 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 |
| 1:20 PM | to 2:20 PM Team Building |
| 2:20 PM | to 3:05 PM 1on1 Goal Setting |
| 3:35 PM | to 4:30 PM Ice |
| 4:30 PM | Pick Up |

| Thursday | |
|-----------------|---------------------------------------|
| 7:30 AM | Sign In |
| 8:00 AM | to 8:50 AM Ice |
| 9:00 AM | to 10:00 AM Leader Listener |
| 10:00 AM | to 10:45 AM Mental Training |
| 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 Ringette: The Board Game |
| 2:30 PM | to 3:20 PM Ice |
| 3:30 PM | to 4:30 PM Team Drawing |
| 4:30 PM | Pick Up |

| Tuesday | |
|----------------|--|
| 8:00 AM | Sign In |
| 8:00 AM | to 8:35 AM Community Discussions |
| 9:05 AM | to 9:55 AM Ice |
| 10:05 AM | to 11:00 AM Fitness |
| 11:00 AM | to 11:50 AM Lunch and Strategy Session |
| 12:20 PM | to 1:10 PM Ice |
| 1:20 PM | to 2:00 PM Common Thread |
| 2:00 PM | to 2:30 PM Mental Training |
| 2:30 PM | to 3:05 PM Snack and Team Building |
| 3:35 PM | to 4:30 PM Ice |
| 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 Chuck the Chicken |
| 11:30 AM | to 12:30 PM Lunch and Strategy Session |
| 1:00 PM | to 2:00 PM Ice-Scrimmage! |
| 2:10 PM | to 3:00 PM Trivia |
| 3:00 PM | to 4:00 PM Team Building |
| 4:00 PM | to 4:30 PM Wrap up/Goodbyes |
| 4:30 PM | Pick up |

| Wednesday | |
|------------------|--|
| 8:00 AM | Sign In |
| 8:00 AM | to 9:00 AM Flip it |
| 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 Task Direction |
| 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 Codebreaker |
| 4:00 PM | to 4:30 PM Fitness |
| 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.