

National Ringette School- Mount Pleasant 2 - 2012-2013
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 9:00 AM	Sign In Activity
9:00 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	1on1 Goal Setting
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	Team Building
4:30 PM	Pick Up

Tuesday	
7:30 AM	Sign In
8:00 AM to 8:50 AM	Ice
9:00 AM to 9:45 AM	Community Discussions
10:00 AM to 10:45 AM	Fitness
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	Common Thread
2:30 PM to 3:20 PM	Ice
3:30 PM to 4:00 PM	Snack and Games
4:00 PM to 4:30 PM	Team Building
4:30 PM	Pick Up

Wednesday	
8:00 AM	Sign In
8:00 AM to 8:35 AM	Team Building
9:05 AM to 9:55 AM	Ice
10:05 AM to 10:50 AM	Task Direction
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	Codebreaker
2:00 PM to 2:45 PM	Flip it
2:45 PM to 3:05 PM	Snack and Team Building
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 10:45 AM	Mental Training
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 Drawing
2:20 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 9:00 AM	Chuck the Chicken
9:00 AM to 10:00 AM	Fitness
10:30 AM to 11:30 AM	Ice
11:40 AM to 12:40 PM	Lunch and Strategy Session
12:40 PM to 1:45 PM	Trivia!
2:15 PM to 3:15 PM	Ice-Scrimmage!
3:25 PM to 4:00 PM	Ringette: The Board Game
4:00 PM to 4:30 PM	Wrap up/Goodbyes
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.