

**National Ringette School- Mount Pleasant 3 - 2012-2013**

**2310 6 St NW, Calgary, AB T2M 1N7**

**August 21-25, 2023**

<b>Monday</b>	
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

<b>Tuesday</b>	
8:00 AM	Sign In
8:00 AM to 8:35 AM	Community Discussions
9:05 AM to 9:55 AM	Ice
10:00 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 2:35 PM	Mental Training
2:35 PM to 3:05 PM	Snack and Games
3:35 PM to 4:30 PM	Ice
4:30 PM	Pick Up

<b>Wednesday</b>	
8:00 AM	Sign In
8:00 AM to 8:30 AM	Team Building
9:00 AM to 9:50 AM	Ice
10:00 AM to 10:30 AM	Snack and Games
10:30 AM to 11:30 AM	Codebreaker
12:00 PM to 12:50 PM	Ice
1:00 PM to 2:00 PM	Lunch and Strategy Session
2:00 PM to 2:30 PM	Task Direction
3:00 PM to 3:50 PM	Ice
4:00 PM to 5:00 PM	Flip it
5:00 PM	Pick Up

<b>Thursday</b>	
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

<b>Friday</b>	
8:00 AM	Sign In
8:00 AM to 9:00 AM	Chuck the Chicken
9:00 AM to 9:40 AM	Fitness
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	Ringette: The Board Game
1:25 PM to 2:15 PM	Ice-Scrimmage!
2:25 PM to 3:00 PM	Snack and Games
3:00 PM to 4:00 PM	Trivia!
4:00 PM to 4:30 PM	Wrap up/Goodbye
4:30 PM	Pick up

**REMEMBER TO BRING:**

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

**NATIONAL  
RINGETTE  
SCHOOL**

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.