

National Ringette School- Mount Pleasant 3 - DYNAMITE TEAMS 2010-2011

2310 6 St NW, Calgary, AB T2M 1N7

August 21-25, 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

Tuesday	
8:00 AM	Sign In
8:00 AM to 8:40 AM	Community Discussions
8:40 AM to 9:40 AM	Ringette: The Board Game
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	Mental Training
3:00 PM to 3:30 PM	Snack and Games
3:30 PM to 4:30 PM	Fitness
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	Flip it
10:00 AM to 10:30 AM	Team Building
11:00 AM to 11:50 AM	Ice
12:00 PM to 1:00 PM	Lunch and Strategy Session
1:00 PM to 1:30 PM	Task Direction
2:00 PM to 2:50 PM	Ice
3:00 PM to 4:00 PM	Codebreaker
4:00 PM to 4:30 PM	Fitness
4:30 PM	Pick Up

Thursday	
8:00 AM	Sign In
8:00 AM to 9:00 AM	Team Drawing
9:00 AM to 9:40 AM	Mental Training
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	Team Building
1:25 PM to 2:15 PM	Ice
2:25 PM to 3:00 PM	Snack and Games
3:00 PM to 3:45 PM	Fitness
3:45 PM to 4:30 PM	Leader Listener
4:30 PM	Pick Up

Friday	
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 11:00 AM	Chuck the Chicken
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	Trivia!
2:20 PM to 3:05 PM	Wrap up/Goodbyes
3:35 PM to 4:30 PM	Ice-Scrimmage!
4:30 PM	Pick up

REMEMBER TO BRING:

- Nut free lunch and snacks - Bug spray
- Water bottle
- Running shoes
- Athletic clothes
- Hat
- 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.

