

National Ringette School- Mount Pleasant 3 - TOP GUN 2008-2009

2310 6 St NW, Calgary, AB T2M 1N7

August 21-25, 2023

Monday	
7:30 AM	Sign In
8:00 AM to 8:50 AM	Ice
9:00 AM to 10:00 AM	Sign in Activity
10:00 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

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

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

Thursday	
7:30 AM	Sign In
8:00 AM to 8:50 AM	Ice
9:00 AM to 10:00 AM	Team Drawing
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	Leader Listener
2:30 PM to 3:20 PM	Ice
3:30 PM to 4:30 PM	Snack and Games
4:30 PM	Pick Up

Friday	
7:30 AM	Sign In
8:00 AM to 8:50 AM	Ice
9:00 AM to 10:00 AM	Trvial!
10:00 AM to 10:45 AM	Ringette: The Board Game
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	Chuck the Chicken
2:30 PM to 3:20 PM	Ice-Scrimmage!
3:30 PM to 4:30 PM	Wrap up/Goodbyes
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

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.

**NATIONAL
RINGETTE
SCHOOL**