

**National Ringette School- Mississauga - 2008-2011**  
**Iceland Arena - 705 Matheson Blvd E, Mississauga, ON L4Z 3X9**

**August 14-18, 2023**

<b>Monday</b>		
7:30 AM		Sign In
8:00 AM	to 8:50 AM	Ice
9:00 AM	to 9:30 AM	Sign In Activity
10:00 AM	to 10:50 AM	Ice
11:00 AM	to 11:30 AM	Ice Breakers
11:30 AM	to 12:30 PM	Lunch and Strategy Session
12:30 PM	to 1:30 PM	Fitness
2:00 PM	to 2:50 PM	Ice
3:00 PM	to 3:45 PM	1on1 Goal Setting
3:45 PM	to 4:15 PM	Snack and Games
4:15 PM		Pick Up

<b>Thursday</b>		
8:00 AM		Sign In
8:00 AM	to 8:30 AM	Mental Training
9:00 AM	to 9:50 AM	Ice
10:00 AM	to 11:00 AM	Team Drawing
11:00 AM	to 12:00 PM	Lunch and Strategy Session
12:00 PM	to 12:30 PM	Leader Listener
1:00 PM	to 1:50 PM	Ice
2:00 PM	to 3:00 PM	Ringette: The Board Game
3:00 PM	to 3:45 PM	Fitness
3:45 PM	to 4:15 PM	Snack and Games
4:15 PM		Pick Up

<b>Tuesday</b>		
8:00 AM		Sign In
8:00 AM	to 8:30 AM	Community Discussions
9:00 AM	to 9:50 AM	Ice
10:00 AM	to 10:45 AM	Team Building
10:45 AM	to 11:30 AM	Common Thread
11:30 AM	to 12:30 PM	Lunch and Strategy Session
1:00 PM	to 1:50 PM	Ice
2:00 PM	to 3:00 PM	Fitness
3:00 PM	to 3:45 PM	Mental Training
3:45 PM	to 4:15 PM	Snack and Games
4:15 PM		Pick Up

<b>Friday</b>		
8:00 AM		Sign In
8:00 AM	to 8:50 AM	Ice
9:00 AM	to 9:30 AM	Snack and Games
10:00 AM	to 10:50 AM	Ice
11:00 AM	to 11:45 AM	Chuck the Chicken
11:45 AM	to 12:45 PM	Lunch and Strategy Session
12:45 PM	to 1:30 PM	Trivia!
2:00 PM	to 2:50 PM	Ice-Scrimmage!
3:00 PM	to 3:45 PM	Wrap up/Goodbyes
3:45 PM	to 4:15 PM	Snack and Games
4:15 PM		Pick Up

<b>Wednesday</b>		
7:30 AM		Sign In
8:00 AM	to 8:50 AM	Ice
9:00 AM	to 9:30 AM	Snack and Games
10:00 AM	to 10:50 AM	Ice
11:00 AM	to 11:30 AM	Task Direction
11:30 AM	to 12:30 PM	Lunch and Strategy Session
12:30 PM	to 1:30 PM	Flip it
2:00 PM	to 2:50 PM	Ice
3:00 PM	to 4:15 PM	Codebreaker
4:15 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.

