

National Ringette School- Mississauga - 2012-2014
Iceland Arena - 705 Matheson Blvd E, Mississauga, ON L4Z 3X9

August 14-18, 2023

Monday		
8:00 AM		Sign In
8:00 AM	to 8:30 AM	Sign In Activity
9:00 AM	to 9:50 AM	Ice
10:00 AM	to 11:00 AM	Ice Breakers
11:00 AM	to 11:30 AM	1on1 Goal Setting
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 3:30 PM	Snack and Games
3:30 PM	to 4:15 PM	Team Building
4:15 PM		Pick Up

Thursday		
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	Mental Training
11:30 AM	to 12:30 PM	Lunch and Strategy Session
12:30 PM	to 1:30 PM	Team Building
2:00 PM	to 2:50 PM	Ice
3:00 PM	to 3:45 PM	Team Drawing
3:45 PM	to 4:15 PM	Leader Listener
4:15 PM		Pick Up

Tuesday		
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 12:00 PM	Ringette: The Board Game
12:00 PM	to 1:00 PM	Lunch and Strategy Session
1:00 PM	to 1:30 PM	Mental Training
2:00 PM	to 2:50 PM	Ice
3:00 PM	to 3:30 PM	Community Discussions
3:30 PM	to 4:15 PM	Common Thread
4:15 PM		Pick Up

Friday		
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 11:15 AM	Trivia!
11:15 AM	to 12:30 PM	Lunch and Strategy Session
1:00 PM	to 1:50 PM	Ice-Scrimmage!
2:00 PM	to 2:45 PM	Fitness
2:45 PM	to 3:45 PM	Chuck the Chicken
3:45 PM	to 4:15 PM	Wrap up/Goodbyes
4:15 PM		Pick Up

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

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.