

National Ringette School- Vernon - Group 2 - 2011 - 2014 Birthdates

Kal Tire Place - 3445 43rd Ave, Vernon, BC V1T 8P5

August 17-21, 2026

Monday

8:30 AM		Sign In
8:30 AM	to	8:45 AM Sign In Activity
8:45 AM	to	9:00 AM Team Meeting
9:00 AM	to	9:15 AM Team Identity
9:15 AM	to	9:45 AM Ice Breakers
10:15 AM	to	11:15 AM Ice
11:30 AM	to	12:15 PM Lunch & Strategy
12:45 PM	to	1:45 PM Ice
2:00 PM	to	2:30 PM Goal Setting
2:30 PM	to	2:45 PM Becoming a Team Activity
3:15 PM	to	4:15 PM Ice
4:30 PM		Pick Up

Tuesday

8:30 AM		Sign In
8:30 AM	to	8:45 AM Sign In Activity
8:45 AM	to	9:45 AM Beat the Clock - Relay Races
10:15 AM	to	11:15 AM Ice
11:30 AM	to	12:15 PM Lunch & Strategy
12:45 PM	to	1:45 PM Ice
2:00 PM	to	2:45 PM Beat the Clock - Minute To Win It
3:15 PM	to	4:15 PM Ice
4:30 PM		Pick Up

Wednesday

8:30 AM		Sign In
8:30 AM	to	8:45 AM Sign In Activity
8:45 AM	to	9:15 AM Mental Training
9:15 AM	to	9:45 AM Hand Eye Coordination Games
10:15 AM	to	11:15 AM Ice
11:30 AM	to	12:15 PM Lunch & Strategy
12:45 PM	to	1:45 PM Ice
2:00 PM	to	2:45 PM Agility Games
3:15 PM	to	4:15 PM Ice
4:30 PM		Pick Up

Thursday

8:30 AM		Sign In
8:30 AM	to	8:45 AM Sign In Activity
8:45 AM	to	9:45 AM Endurance Games
10:15 AM	to	11:15 AM Ice
11:30 AM	to	12:15 PM Lunch & Strategy
12:45 PM	to	1:45 PM Ice
2:00 PM	to	2:30 PM Communication Games
2:30 PM	to	3:15 PM Mental Training
3:15 PM	to	4:00 PM Fitness
4:00 PM	to	4:30 PM Cool Down & Snack
4:30 PM		Pick Up

Friday

8:30 AM		Sign In
8:30 AM	to	8:45 AM Sign In Activity
8:45 AM	to	9:15 AM Mental Training
9:15 AM	to	10:00 AM Friday Choice Activity
10:00 AM	to	11:00 AM Trivia!
11:30 AM	to	12:30 PM Ice
12:45 PM	to	1:45 PM Lunch & Strategy
1:45 PM	to	2:30 PM Wrap Up / Goodbyes
2:30 PM	to	2:45 PM Warm Up
3:15 PM	to	4:15 PM Ice - Scrimmage!
4:30 PM		Pick Up

REMEMBER TO BRING:

- Nut free lunch and snacks
- Bug spray
- Water bottle
- Full equipment
- Sharp skates
- Stick
- Running shoes
- Athletic clothes
- 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.

Contact info: 403-284-5161 (text or call)
questions@nationalringetteschool.com

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