

National Ringette School -Beckwith - Group 1 - 2011 - 2018 Birthdates
Beckwith Recreation Complex - 1319 Beckwith 9th Line, Carleton Place, ON
August 17 - 21, 2026

Monday		
8:15 AM		Sign In
8:15 AM	to	8:30 AM Sign In Activity
8:30 AM	to	8:45 AM Team Meeting
8:45 AM	to	9:30 AM Ice Breakers
9:30 AM	to	10:00 AM Goal Setting
10:00 AM	to	10:30 AM Becoming a Team Activity
10:30 AM	to	11:30 AM Lunch & Strategy
12:00 PM	to	12:50 PM Ice
1:05 PM	to	2:00 PM Becoming a Team Activity
2:00 PM	to	2:30 PM Team Identity
3:00 PM	to	3:50 PM Ice
4:00 PM		Pick Up

Tuesday		
7:30 AM		Sign In
8:00 AM	to	8:50 AM Ice
9:05 AM	to	9:45 AM Mental Training
9:45 AM	to	10:30 AM Beat the Clock - Realy Races
10:30 AM	to	11:30 AM Lunch & Strategy
12:00 PM	to	12:50 PM Ice
1:05 PM	to	2:00 PM Beat the Clock - Realy Races
2:00 PM	to	2:30 PM Beat the Clock - Minute To Win It
3:00 PM	to	3:50 PM Ice
4:00 PM		Pick Up

Wednesday		
8:15 AM		Sign In
8:15 AM	to	8:30 AM Sign In Activity
9:00 AM	to	9:50 AM Ice
10:05 AM	to	10:30 AM Hand Eye Coordination Games
10:30 AM	to	11:30 AM Lunch & Strategy
12:00 PM	to	12:50 PM Ice
1:05 PM	to	1:30 PM Mental Training
1:30 PM	to	2:00 PM Agility Games
2:00 PM	to	2:30 PM Hand Eye Coordination Games
2:30 PM	to	3:30 PM Fitness
3:30 PM	to	4:00 PM Cool Down & Snack
4:00 PM		Pick Up

Thursday		
7:30 AM		Sign In
8:00 AM	to	8:50 AM Ice
9:05 AM	to	10:00 AM Communication Games
10:00 AM	to	10:30 AM Endurance Games
10:30 AM	to	11:30 AM Lunch & Strategy
12:00 PM	to	12:50 PM Ice
1:05 PM	to	2:00 PM Communication Games
2:00 PM	to	2:30 PM Mental Training
3:00 PM	to	3:50 PM Ice
4:00 PM		Pick Up

Friday		
8:15 AM		Sign In
8:15 AM	to	8:30 AM Sign In Activity
9:00 AM	to	9:50 AM Ice
10:05 AM	to	10:30 AM Work As One Activity
10:30 AM	to	11:30 AM Lunch & Strategy
12:00 PM	to	12:50 PM Ice - Scrimmage!
1:05 PM	to	1:20 PM Cool Down
1:20 PM	to	2:15 PM Trivia!
2:15 PM	to	3:00 PM Friday Choice Activity
3:00 PM	to	4:00 PM Wrap Up / Goodbye
4:00 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

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

**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.