

National Ringette School - Memramcook - Group 2 - 2015 - 2016 Birthdates
Memramcook Arena - 450 Rue Centrale Street, Memramcook, NB
August 17-21, 2026

Monday		
8:00 AM		Sign In
8:00 AM	to	8:15 AM Sign In Activity
8:15 AM	to	8:30 AM Team Meeting
8:30 AM	to	9:00 AM Ice Breakers
9:00 AM	to	9:30 AM Goal Setting
9:30 AM	to	9:50 AM Team Identity
10:20 AM	to	11:10 AM Ice
11:25 AM	to	12:00 PM Becoming a Team Activity
12:00 PM	to	1:00 PM Lunch & Strategy
1:35 PM	to	2:25 PM Ice
2:40 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

Tuesday		
7:45 AM		Sign In
8:15 AM	to	9:05 AM Ice
9:20 AM	to	10:00 AM Beat the Clock - Relay Races
10:00 AM	to	10:55 AM Beat the Clock - Minute To Win It
11:25 AM	to	12:15 PM Ice
12:30 PM	to	1:30 PM Lunch & Strategy
1:45 PM	to	2:10 PM Beat the Clock - Relay Races
2:40 PM	to	3:30 PM Ice
3:45 PM	to	4:00 PM Cool Down
4:00 PM	to	4:30 PM Mental Training
4:30 PM		Pick Up

Wednesday		
8:00 AM		Sign In
8:00 AM	to	8:15 AM Sign In Activity
8:15 AM	to	8:45 AM Hand Eye Coordination Games
9:15 AM	to	10:05 AM Ice
10:20 AM	to	11:00 AM Agility Games
11:00 AM	to	12:00 PM Lunch & Strategy
12:30 PM	to	1:20 PM Ice
1:35 PM	to	2:15 PM Mental Training
2:15 PM	to	3:15 PM Hand Eye Coordination Games
3:45 PM	to	4:35 PM Ice
4:35 PM		Pick Up

Thursday		
8:00 AM		Sign In
8:00 AM	to	8:15 AM Sign In Activity
8:15 AM	to	8:45 AM Endurance Games
9:15 AM	to	10:05 AM Ice
10:20 AM	to	11:00 AM Communication Games
11:00 AM	to	12:00 PM Lunch & Strategy
12:30 PM	to	1:20 PM Ice
1:35 PM	to	2:00 PM Mental Training
2:00 PM	to	3:00 PM Communication Games
3:00 PM	to	3:15 PM Warm Up
3:45 PM	to	4:35 PM Ice
4:35 PM		Pick Up

Friday		
8:00 AM		Sign In
8:00 AM	to	8:15 AM Sign In Activity
8:15 AM	to	9:00 AM Fitness
9:00 AM	to	9:50 AM Mental Training
10:20 AM	to	11:10 AM Ice
11:25 AM	to	12:00 PM Work As One Activity
12:00 PM	to	1:00 PM Lunch & Strategy
1:00 PM	to	2:00 PM Trivia!
2:00 PM	to	2:10 PM Warm Up
2:40 PM	to	3:30 PM Ice - Scrimmage!
3:45 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
- 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.