

National Ringette School- Mount Pleasant 3 - Group 3 - 2011 - 2014 Birthdates - Dynamite Teams

Mount Pleasant Arena - 2310 6 St NW, Calgary, AB T2M 1N7

August 17-21, 2026

Monday

7:30 AM		Sign In
8:00 AM	to	9:00 AM Ice
9:15 AM	to	9:30 AM Team Meeting
9:30 AM	to	10:00 AM Ice Breakers
10:00 AM	to	10:30 AM Becoming a Team Activity
10:30 AM	to	11:15 AM Goal Setting & Snack
11:45 AM	to	12:45 PM Ice
1:00 PM	to	2:00 PM Lunch & Strategy
2:00 PM	to	2:30 PM Team Identity
2:30 PM	to	3:00 PM Becoming a Team Activity
3:30 PM	to	4:30 PM Ice
4:30 PM		Pick Up

Tuesday

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

Wednesday

7:30 AM		Sign In
8:00 AM	to	8:50 AM Ice
9:05 AM	to	10:00 AM Hand Eye Coordination Games
10:00 AM	to	10:45 AM Fitness
11:15 AM	to	12:05 PM Ice
12:30 PM	to	1:15 PM Lunch & Strategy
1:15 PM	to	2:00 PM Agility Games
2:30 PM	to	3:20 PM Ice
3:35 PM	to	3:45 PM Cool Down
3:45 PM	to	4:00 PM Snack
4:00 PM	to	4:30 PM Mental Training
4:30 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	10:15 AM Ice
10:30 AM	to	11:00 AM Mental Training
11:00 AM	to	11:30 AM Communication Games
11:30 AM	to	12:30 PM Lunch & Strategy
1:00 PM	to	2:00 PM Ice
2:15 PM	to	3:00 PM Fitness
3:00 PM	to	3:30 PM Communication Games
3:30 PM	to	4:30 PM Endurance Games
4:30 PM		Pick Up

Friday

7:30 AM		Sign In
8:00 AM	to	9:00 AM Ice
9:15 AM	to	10:00 AM Mental Training
10:00 AM	to	10:45 AM Trivia!
10:45 AM	to	11:15 AM Snack & Games
11:45 AM	to	12:45 PM Ice
1:00 PM	to	2:00 PM Lunch & Strategy
2:00 PM	to	2:45 PM Wrap Up / Goodbyes
2:45 PM	to	3:00 PM Warm Up
3:30 PM	to	4:30 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

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.