

National Ringette School- Mount Pleasant 3 - Group 1 - 2017 - 2018 Birthdates

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

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 Team Identity
9:30 AM	to	10:00 AM Becoming a Team Activity
10:30 AM	to	11:30 AM Ice
11:45 AM	to	12:45 PM Lunch & Strategy
12:45 PM	to	1:45 PM Goal Setting
2:15 PM	to	3:15 PM Ice
3:30 PM	to	4:00 PM Mental Training
4:00 PM	to	4:30 PM Becoming a Team Activity
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	9:00 AM Fitness
9:00 AM	to	10:00 AM Beat the Clock - Relay Races
10:30 AM	to	11:30 AM Ice
11:45 AM	to	12:45 PM Lunch & Strategy
12:45 PM	to	1:45 PM Beat the Clock - Relay Races
2:15 PM	to	3:15 PM Ice
3:30 PM	to	4:00 PM Beat the Clock - Minute To Win It
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	9:00 AM Agility Games
9:00 AM	to	9:40 AM Mental Training
10:10 AM	to	11:00 AM Ice
11:15 AM	to	12:10 PM Lunch & Strategy
12:10 PM	to	12:55 PM Hand Eye Coordination Games
1:25 PM	to	2:15 PM Ice
2:30 PM	to	3:00 PM Hand Eye Coordination Games
3:00 PM	to	4:00 PM Fitness
4:00 PM	to	4:30 PM Cool Down & Snack
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	9:15 AM Endurance Games
9:15 AM	to	10:00 AM Communication Games
10:30 AM	to	11:30 AM Ice
11:45 AM	to	12:45 PM Lunch & Strategy
12:45 PM	to	1:30 PM Communication Games
1:30 PM	to	1:45 PM Warm Up
2:15 PM	to	3:15 PM Ice
3:30 PM	to	4:00 PM Mental Training
4:00 PM	to	4:30 PM Endurance Games
4:30 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 Mental Training
9:00 AM	to	10:00 AM Work As One Activity
10:30 AM	to	11:30 AM Ice
11:40 AM	to	12:40 PM Lunch & Strategy
12:40 PM	to	1:30 PM Trivia
1:30 PM	to	1:45 PM Warm Up
2:15 PM	to	3:15 PM Ice - Scrimmage!
3:30 PM	to	4:00 PM Watch other teams scrimmage
4:00 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.