

National Ringette School- Mount Pleasant 3 - Group 2 - 2015 - 2016 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	8:30 AM Sign In Activity
8:30 AM	to	8:45 AM Team Meeting
9:15 AM	to	10:15 AM Ice
10:30 AM	to	11:00 AM Ice Breakers
11:00 AM	to	12:00 PM Lunch & Strategy
12:00 PM	to	12:30 PM Team Identity
1:00 PM	to	2:00 PM Ice
2:15 PM	to	3:00 PM Becoming a Team Activity
3:00 PM	to	3:30 PM Goal Setting
3:30 PM	to	4:30 PM Fitness
4:30 PM		Pick Up

Tuesday

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

Wednesday

8:00 AM		Sign In
8:00 AM	to	8:30 AM Sign In Activity
9:05 AM	to	9:55 AM Ice
10:05 AM	to	11:00 AM Fitness
11:00 AM	to	11:50 AM Lunch & Strategy
12:20 PM	to	1:10 PM Ice
1:25 PM	to	2:00 PM Hand Eye Coordination Games
2:00 PM	to	2:30 PM Agility Games
2:30 PM	to	3:05 PM Mental Training
3:35 PM	to	4:30 PM Ice
4:30 PM		Pick Up

Thursday

7:30 AM		Sign In
8:00 AM	to	9:00 AM Ice
9:15 AM	to	10:00 AM Communication Games
10:00 AM	to	10:30 AM Mental Training
10:30 AM	to	11:15 AM Endurance Games
11:45 AM	to	12:45 PM Ice
1:00 PM	to	2:00 PM Lunch & Strategy
2:00 PM	to	3:00 PM Fitness
3:30 PM	to	4:30 PM Ice
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	8:45 AM Mental Training
9:15 AM	to	10:15 AM Ice
10:30 AM	to	11:30 AM Trivia!
11:30 AM	to	12:15 PM Lunch & Strategy
12:15 PM	to	12:30 PM Warm Up
1:00 PM	to	2:00 PM Ice - Scrimmage!
2:15 PM	to	2:30 PM Cool Down
2:30 PM	to	3:30 PM Work As One Activity
3:30 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

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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