

National Ringette School -Beckwith - Group 2 - 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	10:30 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	1:30 PM Goal Setting
1:30 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		
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 Mental Training
10:30 AM	to	11:30 AM Lunch & Strategy
12:00 PM	to	12:50 PM Ice
1:05 PM	to	1:45 PM Beat the Clock - Minute To Win It
1:45 PM	to	2:30 PM Beat the Clock - Relay Races
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 Agility 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 Hand Eye Coordination Games
2:00 PM	to	2:30 PM Mental Training
2:30 PM	to	3:30 PM Fitness
3:30 PM	to	4:00 PM Cool Down & Snack
4:00 PM		Pick Up

Thursday		
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 Communication 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	2:15 PM Endurance Games
2:15 PM	to	2:30 PM Snack
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 PM	to	11:00 AM Trivia!
11:00 AM	to	11:30 AM Work As One Activity
11:30 PM	to	12:15 PM Friday Choice Activity
12:15 PM	to	1:15 PM Lunch & Strategy
1:15 PM	to	2:15 PM Wrap Up / Goodbyes
2:15 PM	to	2:30 PM Warm Up
3:00 PM	to	3:50 PM Ice - Scrimmage!
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

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

NATIONAL
RINGETTE
SCHOOL