

National Ringette School- Vernon - Group 1 - 2015 - 2018 Birthdates

Kal Tire Place - 3445 43rd Ave, Vernon, BC V1T 8P5

August 17-21, 2026

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

8:30 AM		Sign In
8:30 AM	to	8:45 AM Sign In Activity
8:45 AM	to	9:45 AM Work As One Activity
10:15 AM	to	11:15 AM Ice
11:30 AM	to	12:15 PM Trivia!
12:15 PM	to	1:15 PM Lunch & Strategy
1:15 PM	to	1:30 PM Warm Up
2:00 PM	to	3:00 PM Ice - Scrimmage!
3:15 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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