

Quesnel Ringette Association 2009 Summer Camp - Final Schedule

Date: Aug 26, 2009

Time	Monday August 31			Tuesday September 1			Wednesday September 2			Thursday September 3			Friday September 4			Time
	Group A 7-9 yrs	Group B 10-12 yrs	Group C 13-15 yrs	Group A 7-9 yrs	Group B 10-12 yrs	Group C 13-15 yrs	Group A 7-9 yrs	Group B 10-12 yrs	Group C 13-15 yrs	Group A 7-9 yrs	Group B 10-12 yrs	Group C 13-15 yrs	Group A 7-9 yrs	Group B 10-12 yrs	Group C 13-15 yrs	
8:00	10 min int															8:00
8:30	Ice			Ice			Ice			Ice			Ice			8:30
9:00	8:30-9:30	10 min int		8:30-9:30			8:30-9:30			8:30-9:30			8:30-9:30			9:00
9:30	transition	Ice		transition	Ice		transition	Ice		transition	Ice		transition	Ice		9:30
10:00	Ice Breaker & Team Building	9:30 to 10:45	10 min int	Bowling	9:30 to 10:45		Goal Setting	9:30 to 10:45		Nutrition Training	9:30 to 10:45		Mini Olympics	9:30 to 10:45		10:00
10:30	10-11:00	transition	Ice	10-11:00	transition	Ice	10-11:00	transition	Ice	10-11:00	transition	Ice	10-11:00	transition	Ice	10:30
11:00	Lunch	Ice Breaker	10:45 to 12:00	Lunch	Bowling	10:45 to 12:00	Lunch	Goal Setting	10:45 to 12:00	Lunch	Nut Training	10:45 to 12:00	Fit Training	Mini Olympics	10:45 to 12:00	11:00
11:30	11-12:00	11-12:00		11:15-12:15	11:15-12:15		Fit Training	11-12:00		11-12:00	11-12:00		11-12:00	11-12:00		11:30
12:00	Fit Training	Lunch	Ice Breaker	Fit Games	Lunch	transition	11:30-12:30	Lunch	Goal Setting	Fit Jeopardy	Lunch	Nut Training	Lunch	Lunch	Mini Olympics	12:00
12:30	12-1:00	12-1:00	12:15-1:15	12:15-1:15	12:30-1:15	Bowling	transition	12-12:45	12:15-1:15	12-1:00	12-1:00	12:15-1:15	transition	12:00-12:45	12:15-1:15	12:30
1:00	TBA-AMR	Fitness Training	Lunch	TBA-AMR	Fitness Games	12:30-1:30	Ice	Fit Training	Lunch	TBA-AMR	Fitness Jeopardy	Lunch	Ice	Fit Training	Lunch	1:00
1:30	transition	1:00-2:30	1:15-2:30	transition	1:15-2:30	1:45-2:30	transition	1:00-2:00	12:45-1:45	1:15-2:15	transition	1:15-2:30	1:00-2:00	12:45-1:45	1:15-2:00	1:30
2:00	Ice	2:00-3:00	Fit Training	Ice	2:00-3:00	Fit Games	TBA-AMR	2:00-3:30	Fit Training	Ice	2:00-3:00	transition	Fit Jeopardy	Ice	Fit Training	2:00
2:30		transition	2:30-3:30	Equipment Swap	Ice	2:30-3:30			2:15-3:15			Ice	2:30-3:30		Ice	2:30
3:00		Ice	3:00-4:00	3:00-4:00	3:00-4:00	transition						Ice	3:00-4:00	transition	15 min bye	3:00
3:30			transition	Swap		Ice			3:30-5:00			Ice			3:15-4:30	3:30
4:00			Ice			Ice						Ice				4:00
4:30			4:00-5:00			4:00-5:00						4:00-5:00			15 min bye	4:30
5:00		U8 - Ice		all QRA	U8 - Ice			Come Try R			U8 - Ice					5:00
5:30		5:00-6:00			5:00-6:00			5:00-6:00			5:00-6:00					5:30
6:00				3:00 to 7:00												6:00
6:30																6:30
7:00																7:00
7:30																7:30
8:00	Masters & Belle Ice			Masters & Belle Ice				Masters & Belle Ice					Masters & Belle Ice			8:00
8:30																8:30
9:00	8:15-9:45			8:15-9:45				8:15-9:45					8:15-9:45			9:00
9:30																9:30

Event & Location		Player Development Activities		Conditioning Activities	
	Introductions and Good Bye: Front Foyer	Monday	Ice Breaker & Team Building - Park - Robbins	Monday	Fitness Training - Park - June Hart
	AM Ice: Ringette Instruction on Rink 2	Tuesday	Bowling - Reid Street	Tuesday	Fitness Games - Park - Robbins
	PM Ice: Power Skating on Rink 2	Wednes	Goal Setting - AMR - Robbins	Wednes	Fitness Training - Park - June Hart
	Lunch: Arena Meeting Room (ARM)	Thursday	Nutrition Training - AMR - Tammy Raynor	Thursday	Fitness Jeopardy - Park - Robbins
	Equipment Swap: Arena Meeting Room (ARM)	Friday	Mini Olympics - Park - Robbins	Friday	Fitness Training - Park - June Hart

Belle & Masters Evening Session U8 - 5, 6 & 7 Yrs Old On-Ice Skating & Fun **AMR** = Arena Meeting Room (2nd Floor Rink 1)