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**Canada Winter Games 2019 Ringette ID Camp**

Date: April 8th-April 9th

Location: Pilot Butte Rink

The schedule is subject to change based on # of participants

**Day #1 Saturday April 8th**

10:00 – 11:00 am---------Registration

11:00 – 12:00 pm---------Lunch (all included)

12:00 – 1:00 pm----------Orientation for parents and athletes

1:00 – 1:15 pm------------Transition to sessions

Sask. Group 1 Agenda

1:15 – 1:30 pm--------------Pre-session warm up

1:30 – 2:00 pm--------------Pre-ice prep

2:00 – 3:00 pm--------------Ice session (skills)

3:00 – 3:45 pm-------------Cool down and snack

3:45 – 5:00 pm-------------Fitness Testing

5:00 – 5:15 pm-------------Transition to next session

5:15 – 6:30 pm-------------Off ice classroom session

Sask. Group 2 Agenda

1:15 – 1:30 pm-------------Pre-session prep

1:30 – 2:45 pm-------------Fitness Testing

2:45 – 3:15 pm-------------Transition to next session and snack

3:15 – 4:30 pm-------------Off ice classroom session

4:30 – 4:45 pm-------------Pre-session warm up

4:45 – 5:15 pm-------------Pre-ice prep

5:15 – 6:15 pm-------------Ice session (skills)

6:15 – 6:30 pm-------------Cool down

Sask. Group 3 Agenda

1:15 – 2:30 pm-------------Off ice classroom session

2:30 – 2:45 pm-------------Transition to next session

2:45 – 3:00 pm-------------Pre-session warm up

3:00 – 3:30 pm-------------Pre-ice prep

3:30 – 4:30 pm-------------Ice session (skills)

4:30 – 5:15 pm-------------Cool down and snack

5:15 – 6:30 pm-------------Fitness Testing

**6:45 – 7:15 pm-------------Debrief and prep for next day**

 **Snacks will be available for the trip home**

**Day #2 Sunday April 9th**

9:00 – 9:30 am----------------Arrival of all athletes and distribution of new groups

9:30 – 9:45 am--------------- Sask. Black Pre-Game warm up

9:30 – 9:45 am--------------- Sask. Green Pre-Game warm up

10:15 – 11:15 am------------ Sask. Green vs. Sask. Black Game

9:30 – 11:00 am-------------- Sask. White and Sask. Grey Nutritional session

11:00 – 11:45 am------------ Sask. White and Sask. Grey Lunch

11:15 – 11:30 am------------ Sask. Green and Sask. Black cool down

11:30 – 11:45 am------------ Sask. Green and Sask. Black transition

11:45 – 12:30 pm------------ Sask. Green and Sask. Black Lunch

12:00 – 12:15 pm------------ Sask. White Pre-Game warm up

12:00 – 12:15 pm ------------Sask. Grey Pre-Game warm up

12:45 – 1:45 pm-------------- Sask. Grey vs. Sask. White Game

12:30 – 2:00 pm -------------Sask. Green and Sask. Black Nutritional session

1:45 – 2:00 pm-------------- Sask. Grey vs. Sask. White cool down

2:00 – 2:30 pm-------------- All transition and light snack

2:45 – 3:00 pm --------------Sask. White Pre-Game warm up

2:45 – 3:00 pm-------------- Sask. Black Pre-Game warm up

3:30 – 4:30 pm-------------- Sask. White vs. Sask. Black Game

4:00 – 4:15 pm --------------Sask. Grey Pre-Game warm up

4:00 – 4:15 pm-------------- Sask. Green Pre-Game warm up

4:45 – 5:45 pm-------------- Sask. Green vs. Sask. Grey Game

5:45 – 6:15 pm-------------- Sask. Green and Sask. Grey cool down and transition

**6:15 – 6:30 pm-------------- Debrief of weekend’s events and snacks available for trip home**