

**ROYALS DAY SCHEDULE - SUNDAY, SEPTEMBER 23
LORETTE ARENA**

TIME	R4U/Bring a Friend	U10/Bring a Friend	U12	U14/U16	
8:45-9:00				Dressed	
9:00-9:15	Intro to Ringette	Games / Fit Kids	Games / Fit Kids	Ice	
9:15-9:30					
9:30-9:45	Gym Ringette	Dressed	Dressed		
9:45-10:00					
10:00-10:15	Fit Kids	Ice	Ice	Undressed	
10:15-10:30					
10:30-10:45	Dressed		Undressed	Undressed	Team Building / Games / Gym Ringette
10:45-11:00					
11:00-11:15	Ice	Gym Ringette / Games		Gym Ringette / Games	Dryland
11:15-11:30					
11:30-11:45					
11:45-12:00					
12:00-1:15	Lunch	Lunch	Lunch	Lunch	
	<i>Eastman U16A Game (12:15-1:15)</i>	<i>Eastman U16A Game (12:15-1:15)</i>	<i>Eastman U16A Game (12:15-1:15)</i>	<i>Eastman U16A Game</i>	
1:30-1:45	Head home after lunch	Games / Basic Nutrition / Shot Practice	Games / Basic Nutrition / Shot Practice	Ice	
1:45-2:00					
2:00-2:15		Dressed	Dressed		
2:15-2:30					
2:30-2:45		Ice	Ice	Undressed	
2:45-3:00					
3:00-3:15				Nutrition / Gym Ringette / Shot Practice	
3:15-3:30					
3:30-3:45		Undressed	Undressed		
3:45-4:00					