

# OKANAGAN HOCKEY SCHOOL - KELOWNA



## 13-15 DEFENCE CAMP SKATER AUGUST 6-11, 2017



**NOTES: SCHEDULE SUBJECT TO CHANGE**

**LAST ICE SESSION ON FRIDAY WILL BE A GAME**

**CAPITAL NEWS CENTRE IS LOCATED AT 4105 GORDON DRIVE**

### SUNDAY

Start	End	Activity	Location
12:00 PM	12:30 PM	Register	CNC Lobby
12:30 PM	1:00 PM	Welcome	Mini Rink
1:15 PM	1:45 PM	Prep For Ice	CNC 1
1:45 PM	2:45 PM	Ice Session	CNC 1

### MONDAY - FRIDAY

Start	End	Activity	Location
9:45 AM	10:15 AM	Prep For Ice	CNC 1
10:15 AM	11:30 AM	Ice Session	CNC 1
12:00 PM	12:15 PM	Snack	Concession
12:15 PM	1:15 PM	Activity	TBD
1:15 PM	1:45 PM	Meal	Practice rink
2:00 PM	3:00 PM	Skills	Field 2
3:00 PM	4:00 PM	Dryland	Field 1
4:15 PM	4:45 PM	Prep For Ice	CNC 2
4:45 PM	6:00 PM	Ice Session	CNC 2

### RULES AND REGULATIONS:

#1 Rule-Have fun and enjoy playing the coolest game on earth-HOCKEY!

#2 Rule-Do Not leave valuables in locker room-OH is not responsible for lost or stolen items

#3 Rule-Do Not take or use other students equipment or property

#4 Rule-BULLYING, HARASSING, or PICKING ON other students will not be tolerated