



11-12 Power Skating and Skills Camp December 27 - 29, 2017



OFF-ICE ACTIVITY WILL CHANGE DAILY

Calgary Flames Arena
2390 -47th Ave SW
Calgary AB

Wednesday

START	END	ACTIVITY	LOCATION
6:45 AM	7:15 AM	Check In	Lobby
7:15 AM	7:30 AM	Welcome	Upstairs
7:45 AM	8:15 AM	Prep for Ice	Dressing Room
8:15 AM	9:30 AM	QS Ice Session	Blue Rink
9:30 AM	9:45 AM	Nutrition Break	Upstairs
9:45 AM	10:30 AM	Activity	Upstairs
10:30 AM	11:00 AM	Prep for Ice	Dressing Room
11:00 AM	12:15 PM	Skills Ice Session	Red Rink

Thursday and Friday

START	END	ACTIVITY	LOCATION
7:45 AM	8:15 AM	Prep for Ice	Dressing Room
8:15 AM	9:30 AM	QS Ice Session	Blue Rink
9:30 AM	9:45 AM	Nutrition Break	Upstairs
9:45 AM	10:30 AM	Activity	Upstairs
10:30 AM	11:00 AM	Prep for Ice	Dressing Room
11:00 AM	12:15 PM	Skills Ice Session	Red Rink

RULES AND REGULATIONS:

- #1 Have fun and enjoy playing the coolest game on earth-HOCKEY!
- #2 Do Not leave valuables in locker room-OH is not responsible for lost or stolen items.
- #3 Do Not take or use other students equipment or property.
- #4 BULLYING, HARASSING, or PICKING ON other students will not be tolerated
- #5 Parents may check students out with counsellors permission
- #6 Players are required to bring their own food and water bottles