

OKANAGAN HOCKEY SCHOOL - KELOWNA



11-17 INTENSIVE GOALIE CAMP AUGUST 6-11, 2017



NOTES: SCHEDULE SUBJECT TO CHANGE

CAPITAL NEWS CENTRE IS LOCATED AT 4105 GORDON DRIVE

SUNDAY

Start	End	Activity	Location
9:30 AM	10:00 AM	Register	CNC Lobby
10:00 AM	10:30 AM	Welcome	Mini Rink
10:30 AM	11:00 AM	Prep For Ice	CNC 1
11:00 AM	12:00 PM	Goalie Ice	CNC 2

MONDAY - FRIDAY

Start	End	Activity	Location
9:30 AM	10:00 AM	Prep For Ice	CNC 2
10:00 AM	11:00 AM	Ice Session	CNC 2
11:00 AM	11:15 AM	Snack	Dressing Room
11:15 AM	12:15 PM	Ice Session	CNC 2
12:30 PM	1:00 PM	Meal	Mini Rink
1:15 PM	2:15 PM	Yoga	TBD
2:15 PM	3:00 PM	Dryland	Field 1
3:00 PM	3:30 PM	Prep For Ice	CNC 2
3:30 PM	4:30 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