



## 9-10 Power Skating and Skills Camp December 27 - 29, 2017



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

### Thursday and Friday

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