



2004-2006 POWER/SHOOTERS COMBO SKATER JULY 28-AUGUST 2, 2019



NOTES: Schedules subject to change

SOEC = South Okanagan Events Centre

OH Office is located at 201 - 853 Eckhardt Avenue West (East side of SOEC through Gate 2 on 2nd Floor)

Last ice time on Friday will be a game

SUNDAY

START	END	ACTIVITY	LOCATION
10:00 AM	10:30 AM	Registration	OHTC Plaza
10:30 AM	11:00 AM	Roll Call/Move Bags	OHTC Plaza
11:00 AM	11:30 AM	Welcome Assembly	OHTC
11:45 AM	12:15 PM	Meal	Cafeteria
12:30 PM	1:00 PM	Campus Tour	TBD
1:00 PM	1:40 PM	Activity	TBD
1:50 PM	2:20 PM	Prep for ice	Dressing Room
2:20 PM	3:20 PM	Ice Session	OHTC

MONDAY - FRIDAY

START	END	ACTIVITY	LOCATION
8:50 AM	8:55 AM	Meet at Dressing Room	Dressing Room
9:00 AM	9:45 AM	Strength and Conditioning	Field
10:00 AM	10:30 AM	Prep for ice	Dressing Room
10:30 AM	11:45 AM	Ice Session	OHTC
12:00 PM	12:15 PM	Snack	Cafeteria
12:45 PM	1:30 PM	Skills	Curling Rink
1:45 PM	2:15 PM	Meal	Cafeteria
2:30 PM	3:00 PM	Prep for ice	Dressing Room
3:00 PM	4:15 PM	Ice Session	OHTC

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



PENTICTON, DILWORTH CENTRE.

