



2010-2011 Performance and Conditioning July 27-31, 2020



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)

MONDAY - FRIDAY

DAY	START	END	ACTIVITY	LOCATION
Monday	6:45 AM	7:15 AM	Check In	Plaza
Mon-Fri	7:45 AM	8:15 AM	Prep for ice	Dressing Room
Mon-Fri	8:15 AM	9:30 AM	Ice Session	OHTC
Mon-Fri	9:45 AM	10:00 AM	Snack	Cafeteria
Mon-Fri	10:00 AM	11:00 AM	Dryland	Field
Mon-Fri	11:15 AM	11:45 AM	Meal	Cafeteria
Mon-Fri	12:00 PM	12:30 PM	Prep for ice	Dressing Room
Mon-Fri	12:30 PM	1:45 PM	Ice Session	OHTC
Mon-Fri	2:00 PM	3:00 PM	Skills	Curling Rink



PENTICTON. DILWORTH CENTRE.

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

