



## 2003-2006 CONDITIONING & PERFORMANCE GOALIE AUGUST 18-23, 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)

### 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
12:15 PM	12:45 PM	Campus Tour	TBD
12:55 PM	1:25 PM	Prep For Ice	Dressing Room
1:25 PM	2:25 PM	Ice Session	Memorial

### MONDAY - FRIDAY

START	END	ACTIVITY	LOCATION
9:00 AM	9:05 AM	Meet at Dressing Rm	Dressing Room
9:15 AM	10:00 AM	Dryland	Field
10:15 AM	10:45 AM	Prep for ice	Dressing Room
10:45 AM	12:00 PM	Ice Session	OHTC
12:15 PM	12:45 PM	Meal	Cafeteria
1:00 PM	1:45 PM	Skills	Curling Rink
2:15 PM	2:30 PM	Snack	Cafeteria
2:45 PM	3:15 PM	Prep for ice	Dressing Room
3:15 PM	4:30 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.

