



## 13-15 ADV SKILLS & CONDITIONING SKATER SCHEDULE AUGUST 19-24, 2018



**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
9:00 AM	11:15 AM	Trade Show	Plaza
10:00 AM	10:45 AM	Register	Plaza
11:30 AM	12:00 PM	Assembly	OHTC
12:05 PM	12:20 PM	Tour of Facilities	Plaza
12:30 PM	1:00 PM	Meal	Cafeteria
1:05 PM	2:05 PM	Activity	TBD
2:20 PM	2:50 PM	Prep for ice	Dressing Room
2:50 PM	3:50 PM	Ice Session	OHTC

### MONDAY - FRIDAY

START	END	ACTIVITY	LOCATION
8:45 AM	8:55 AM	Meet at Dressing Rm	Dressing Room
8:55 AM	9:55 AM	Skills	Curling Rink
10:00 AM	10:15 AM	Snack	Cafeteria
10:15 AM	11:00 AM	Activity	TBD
11:00 AM	11:30 AM	Prep for ice	Dressing Room
11:30 AM	12:45 PM	Ice Session	OHTC
1:00 PM	1:30 PM	Meal	Cafeteria
1:45 PM	2:45 PM	Dryland	Gym
3:15 PM	3:45 PM	Prep For Ice	Dressing Room
3:55 PM	5:10 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.



FOLLOW US ON SOCIAL MEDIA THIS WEEK,  
FOR A CHANCE TO WIN  
FREE OHG SWAG!  
@OKANAGANHOCKEY