

OKANAGAN HOCKEY CAMPS - KELOWNA



**13 - 15 Performance and Conditioning SKATER
AUGUST 18 - 23, 2019**



NOTES: SCHEDULE SUBJECT TO CHANGE

CAPITAL NEWS CENTRE IS LOCATED AT 4105 GORDON DRIVE

SUNDAY

Start	End	Activity	Location
12:00 PM	12:30 PM	Register	Capital News Centre
12:30 PM	1:00 PM	Welcome	Mini Rink
1:00 PM	1:30 PM	Prep for Ice	Dressing Room
1:30 PM	2:30 PM	Ice Session	CNC 1

MONDAY - FRIDAY

Start	End	Activity	Location
6:45 AM	7:15 AM	Prep For Ice	Dressing Room
7:15 AM	8:30 AM	Ice Session	CNC 1
8:45 AM	9:30 AM	Dryland	Field 1
9:30 AM	9:45 AM	Snack	Lobby
9:45 AM	10:15 AM	Prep For Ice	Dressing Room
10:15 AM	11:30 AM	Ice Session	CNC 1
11:45 AM	12:15 PM	Lunch	Mini Rink
12:15 PM	1:15 PM	Skills	Field 2

RULES AND REGULATIONS:

- #1 Rule-Have fun and enjoy playing the coolest game on earth-HOCKEY!
- #2 Rule-Do Not leave valuables in locker room-OHS is not responsible for lost or stolen items
- #3 Rule-Do Not take or use other students equipment or property
- #4 Rule-BULLYING, HARASSING, or PICKING ON other students will not be tolerated
- #5 Rule-Parents may check students out with counsellors permission