



## 2002-2004 SPEED CAMP JULY 14 - 19, 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
11:30 AM	12:00 PM	Meal	Cafeteria
12:15 PM	12:45 PM	Campus Tour	TBD
1:00 PM	2:00 PM	Strength and Conditioning	Gym
2:00 PM	3:00 PM	Activity	TBD
3:00 PM	3:30 PM	Prep for ice	Dressing Room
3:30 PM	4:30 PM	Ice Session	SOEC

### MONDAY -THURSDAY

START	END	ACTIVITY	LOCATION
10:20 AM	10:25 AM	Meet at Dressing Rm	Dressing Room
10:30 AM	11:15 AM	Strength and Conditioning	Gym
11:15 AM	11:30 AM	Snack	Dressing Room
11:30 AM	12:00 PM	Prep for ice	Dressing Room
12:00 PM	1:15 PM	Ice Session	OHTC
1:30 PM	2:00 PM	Meal	Cafeteria
2:15 PM	3:00 PM	Skills	Curling Rink
3:00 PM	3:45 PM	SAQ	Speed Center
4:00 PM	4:30 PM	Prep for Ice	Dressing Room
4:30 PM	5:45 PM	Ice Session	OHTC

### FRIDAY

9:20 AM	9:50 AM	Prep For Ice	Dressing Room
9:50 AM	11:05 AM	Ice Session	OHTC
11:20 AM	12:05 PM	SAQ	Speed Center
12:20 PM	12:50 PM	Meal	Cafeteria
1:05 PM	1:50 PM	Strength and Conditioning	Gym
2:00 PM	2:15 PM	Snack	Cafeteria
2:15 PM	3:00 PM	Skills	Curling Rink
3:00 PM	3:30 PM	Prep For Ice	Dressing Room
3:30 PM	4:45 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.

