

# OKANAGAN HOCKEY CAMPS - KELOWNA



**11 - 17 Intensive Goalie  
AUGUST 4 - 9, 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      |
|----------|----------|--------------|---------------|
| 8:15 AM  | 8:45 AM  | Prep For Ice | Dressing Room |
| 8:45 AM  | 10:15 AM | Ice Session  | CNC 1         |
| 10:15 AM | 10:30 AM | Change/Snack | Dressing Room |
| 10:30 AM | 11:30 AM | Dryland      | Field 1       |
| 11:30 AM | 12:00 PM | Lunch        | Mini Rink     |
| 12:00 PM | 1:00 PM  | Yoga         | TBD           |
| 1:00 PM  | 1:30 PM  | Prep For Ice | Dressing Room |
| 1:30 PM  | 3:00 PM  | Ice Session  | CNC 1         |

### 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-OH 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