

15-17 SPEED CAMP SCHEDULE JULY 15 - 20, 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)

McLaren is located at 1350 King Street

SUNDAY

START	END	ACTIVITY	LOCATION
10:00 AM	10:45 AM	Register/Expo	Plaza
11:00 AM	11:15 AM	Roll Call/Move Bags	Plaza
11:30 AM	12:00 PM	Assembly	OHTC
12:05 PM	12:20 PM	Tour Facilities	TBD
12:30 PM	1:30 PM	Activity	TBD
1:40 PM	2:10 PM	Meal	Cafeteria
2:25 PM	2:55 PM	Dynamic Warm Up	Gym
3:05 PM	3:35 PM	Prep for ice	Dressing Room
3:35 PM	4:50 PM	Ice Session	OHTC

MONDAY - FRIDAY

START	END	ACTIVITY	LOCATION
10:05 AM	10:10 AM	Meet at Dressing Rm	Dressing Room
10:15 AM	11:00 AM	SAQ	Speed Centre
11:05 AM	11:20 AM	Snack	Cafeteria
11:25 AM	11:55 AM	Prep for ice	Dressing Room
11:55 AM	1:10 PM	Ice Session	OHTC
1:30 PM	2:00 PM	Meal	Cafeteria
2:15 PM	3:00 PM	Skills	Curling Rink
3:05 PM	3:50 PM	Strength Session	Gym
3:50 PM	4:20 PM	Prep for ice	Dressing Room
4:20 PM	5:35 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