



2001 - 2005 QS Intro to Q3 Camp DECEMBER 27-29, 2018



LOCATION: Flames Community Arenas 2390 47th Ave SW Calgary, AB

NOTES: Schedules subject to change

THURSDAY

START	END	ACTIVITY	LOCATION
8:00 AM	8:15 AM	Check in	Lobby
8:15 AM	8:30 AM	Welcome	Lounge
8:30 AM	9:00 AM	Prep for Ice	Dressing Room
9:00 AM	10:15 AM	QS Ice Session	Red Arena
10:40 AM	11:25 AM	Video/Off Ice	Boardroom
11:30 AM		Pick Up	

FRIDAY

START	END	ACTIVITY	LOCATION
8:30 AM	9:00 AM	Prep for Ice	Dressing Room
9:00 AM	10:15 AM	QS Ice Session	Red Arena
10:40 AM	11:25 AM	Video/Off Ice	Boardroom
11:30 AM		Pick up	

SATURDAY

START	END	ACTIVITY	LOCATION
8:30 AM	9:00 AM	Prep for Ice	Dressing Room
9:00 AM	10:15 AM	QS Ice Session	Red Arena
10:40 AM	11:25 AM	Plyometrics	TBD
11:30 AM		Pick Up	

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



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