

# OKANAGAN HOCKEY CAMPS - KELOWNA



13 - 15 Speed Camp  
JULY 28 - AUGUST 2, 2019

**NOTES: SCHEDULE SUBJECT TO CHANGE**

**CAPITAL NEWS CENTRE IS LOCATED AT 4105 GORDON DRIVE**

## SUNDAY

Start	End	Activity	Location
8:30 AM	9:00 AM	Register	CNC Lobby
9:00 AM	9:30 AM	Welcome	Mini Rink
9:45 AM	10:15 AM	Prep For Ice	CNC 2
10:15 AM	11:15 AM	Ice Session	CNC 2

## MONDAY - FRIDAY

Start	End	Activity	Location
10:45 AM	11:15 AM	Prep For Ice	Dressing Room
11:15 AM	12:30 PM	Ice Session	CNC 2
12:30 PM	1:00 PM	Change	Dressing Room
1:00 PM	1:45 PM	Lunch	Mini Rink
1:45 PM	3:00 PM	Dryland	Field 1
3:00 PM	4:00 PM	Skills	Field 2
4:15 PM	4:45 PM	Snack	Lobby
4:45 PM	5:15 PM	Prep For Ice	Dressing Room
5:15 PM	6:30 PM	Ice Session	CNC 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-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