

# OKANAGAN HOCKEY SCHOOL - KELOWNA



14 - 16 Josh Gorges Defence Camp  
August 4 - AUGUST 9, 2019



**NOTES: SCHEDULE SUBJECT TO CHANGE**

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

## SUNDAY

Start	End	Activity	Location
9:30 AM	10:00 AM	Register	Capital News Centre
10:00 AM	10:30 AM	Welcome	Mini Rink
10:30 AM	11:00 AM	Prep for Ice	Dressing Room
11:00 AM	12:00 PM	Ice Session	CNC 1

## MONDAY - FRIDAY

Start	End	Activity	Location
6:45 AM	7:15 AM	Prep For Ice	Dressing Room
7:15 AM	8:30 AM	Ice Session	CNC 1
8:30 AM	8:45 AM	Change	Dressing Room
8:45 AM	9:45 AM	Dryland	Field 1
9:45 AM	10:00 AM	Snack	Lobby
10:00 AM	10:30 AM	Prep For Ice	Dressing Room
10:30 AM	11:45 AM	Ice Session	CNC 1
11:45 AM	12:00 PM	Change	Dressing Room
12:00 PM	12:30 PM	Lunch	Mini Rink
12:30 PM	1:30 PM	Skills	Field 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