



**2009-2010 POWER SHOOTERS COMBO SKATER & GOALIE  
JULY 21-26, 2019**



**Notes:** Schedules subject to change  
Flames Community Arenas  
2390 47 Ave SW, Calgary, AB  
Last ice time on Friday will be a game

**SUNDAY**

START	END	ACTIVITY	LOCATION
1:45 PM	2:15 PM	CHECK-IN	LOBBY
2:15 PM	2:30 PM	ORIENTATION	LOUNGE
2:30 PM	3:00 PM	PREP FOR ICE	DRESSING ROOM
3:00 PM	4:00 PM	ICE SESSION	GOLD RINK

**MONDAY-FRIDAY**

START	END	ACTIVITY	LOCATION
9:45 AM	10:30 AM	SKILLS	SKILLS CENTER
10:30 AM	11:00 AM	PREP FOR ICE	DRESSING ROOM
11:00 AM	12:15 PM	ICE SESSION	GOLD RINK
12:30 PM	1:05 PM	OFF-ICE ACTIVITY	TBD
1:05 PM	1:30 PM	LUNCH	LOUNGE
1:40 PM	2:25 PM	DRYLAND	FIELD
2:30 PM	3:00 PM	SNACK	TBD
3:00 PM	3:30 PM	PREP FOR ICE	DRESSING ROOM
3:30 PM	4:45 PM	ICE SESSION	GOLD RINK

If the drop off and pick up times conflict with your schedule please contact the OHS office (888-844-6611) to discuss a potential solution.

**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
- #6 Players are required to bring their own food and water bottles