



**2007-2008 CONDITIONING & PERFORMANCE SKATER & GOALIE  
AUG 4-9, 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
12:15 PM	12:45 PM	CHECK-IN	LOBBY
12:45 PM	1:00 PM	ORIENTATION	LOUNGE
1:00 PM	1:30 PM	PREP FOR ICE	DRESSING ROOM
1:30 PM	2:30 PM	ICE SESSION	BLUE RINK

**MONDAY-FRIDAY**

START	END	ACTIVITY	LOCATION
7:30 AM	8:00 AM	PREP FOR ICE	DRESSING ROOM
8:00 AM	9:15 AM	ICE SESSION	BLUE RINK
9:45 AM	10:30 AM	SKILLS	SKILLS CENTER
10:30 AM	11:00 AM	MEAL	LOUNGE
11:00 AM	11:45 PM	OFF ICE ACTIVITY	TBD
12:00 PM	12:45 PM	DRYLAND	FIELD
1:00 PM	1:30 PM	SNACK	TBD
1:30 PM	2:00 PM	PREP FOR ICE	DRESSING ROOM
2:00 PM	3:15 PM	ICE SESSION	BLUE 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