



## 2004-2006 POWER/BATTLE COMBO SKATER JULY 28-AUGUST 2, 2019



**NOTES:** Schedules subject to change

SOEC = South Okanagan Events Centre

OH Office is located at 201 - 853 Eckhardt Avenue West (East side of SOEC through Gate 2 on 2nd Floor)

Last ice time on Friday will be a game

### SUNDAY

START	END	ACTIVITY	LOCATION
10:00 AM	10:30 AM	Registration	OHTC Plaza
10:30 AM	11:00 AM	Roll Call/Move Bags	OHTC Plaza
11:00 AM	11:30 AM	Welcome Assembly	OHTC
11:45 AM	12:15 PM	Meal	Cafeteria
12:30 PM	1:00 AM	Campus Tour	TBD
1:15 PM	2:15 PM	Skills	Curling Rink
2:30 PM	3:00 PM	Activity	TBD
3:00 PM	3:30 PM	Prep for ice	Dressing Room
3:30 PM	4:30 PM	Ice Session	OHTC

### MONDAY-FRIDAY

10:30 AM	10:30 AM	Meet at Dressing Rm	Dressing Room
10:45 AM	11:30 AM	Skills	Curling Rink
11:30 AM	12:00 PM	Prep for ice	Dressign Room
12:00 PM	1:15 PM	Ice Session - Power	OHTC
1:30 PM	2:00 PM	Meal	Cafeteria
2:15 PM	3:00 PM	Strength and Conditioning	Field
3:15 PM	3:45 PM	Snack	Cafeteria
4:00 PM	4:30 PM	Prep for Ice	Dressing Room
4:30 PM	5:45 PM	Ice Session - Battle	OHTC

**RULES AND REGULATIONS:**

- #1 Have fun and enjoy playing the coolest game on earth-HOCKEY!
- #2 Do Not leave valuables in locker room-OHS 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



PENTICTON, DILWORTH CENTRE.

