



2003-2006 CONDITIONING & PERFORMANCE SKATER AUGUST 18-23, 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)

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 | Campus Tour | TBD |
| 12:30 PM | 1:00 PM | Meal | Cafeteria |
| 1:00 PM | 1:50 PM | Activity | Curling Rink |
| 1:50 PM | 2:20 PM | Prep For Ice | Dressing Room |
| 2:20 PM | 3:20 PM | Ice Session | OHTC |

MONDAY - FRIDAY

| START | END | ACTIVITY | LOCATION |
|----------|----------|---------------------|---------------|
| 9:00 AM | 9:05 AM | Meet at Dressing Rm | Dressing Room |
| 9:15 AM | 10:00 AM | Dryland | Field |
| 10:15 AM | 10:45 AM | Prep for ice | Dressing Room |
| 10:45 AM | 12:00 PM | Ice Session | OHTC |
| 12:15 PM | 12:45 PM | Meal | Cafeteria |
| 1:00 PM | 1:45 PM | Skills | Curling Rink |
| 2:15 PM | 2:30 PM | Snack | Cafeteria |
| 2:45 PM | 3:15 PM | Prep for ice | Dressing Room |
| 3:15 PM | 4:30 PM | Ice Session | OHTC |

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



PENTICTON, DILWORTH CENTRE.

