

# OKANAGAN HOCKEY CAMPS - KELOWNA



## 7 - 8 SKILL DEVELOPMENT SKATER AUGUST 18 - 23, 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	CNC Lobby
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
6:30 AM	7:00 AM	Prep For Ice	Dressing Room
7:00 AM	8:15 AM	Ice Session	CNC 2
8:30 AM	8:45 AM	Snack	Lobby
8:45 AM	9:45 AM	Skills	Field 2
9:45 AM	10:45 AM	Dryland	Field 1
10:45 AM	11:15 AM	Lunch	Mini Rink
11:15 AM	11:45 AM	Prep For Ice	Dressing Room
11:45 AM	1:00 PM	Ice Session	CNC 1

#### 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