



# 10 ADV. SKILLS AND CONDITIONING GOALIE SCHEDULE AUGUST 19-24, 2018



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
9:00 AM	11:15 AM	Trade Show	Plaza
10:00 AM	10:45 AM	Register	Plaza
11:30 AM	12:00 PM	Assembly	OHS
12:05 PM	12:20 PM	Tour of Facilities	Plaza
12:30 PM	1:00 PM	Meal	Cafeteria
1:15 PM	1:45 PM	Prep For Ice	Dressing Room
1:45 PM	2:45 PM	Ice Session	Memorial

## MONDAY - FRIDAY

START	END	ACTIVITY	LOCATION
7:00 AM	7:30 AM	Prep for Ice	Dressing Room
7:30 AM	8:30 AM	Ice Session	OHTC
8:40 AM	9:55 AM	Ice Session	OHTC
10:10 AM	10:55 AM	Skills	Curling Rink
11:00 AM	11:45 AM	Activity	Cafeteria
11:50 AM	12:20 PM	Meal	Cafeteria
12:25 PM	12:55 PM	Prep for ice	Dressing Room
12:55 PM	2:20 PM	Ice Session	OHTC
2:30 PM	2:45 PM	Snack	Cafeteria
2:45 PM	3:30 PM	Dryland	Field

### 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.



FOLLOW US ON SOCIAL MEDIA THIS WEEK,  
FOR A CHANCE TO WIN  
FREE OHG SWAG!  
@OKANAGANHOCKEY