



2019 HOCKEY CANADA 2002-2004 GOALIE CAMP

NOTES: Schedules subject to change

SOEC - Stands for South Okanagan Events Centre

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

SUNDAY

START	END	ACTIVITY	LOCATION
11:00 AM	11:30 AM	Registration	OHTC Plaza
11:30 AM	12:00 PM	Assembly	Gym
12:15 PM	12:45 PM	Meal	Cafeteria
1:00 PM	1:20 PM	Campus Tour	TBD
1:20 PM	2:20 PM	Activity	TBD
2:20 PM	2:50 PM	Prep for ice	Dressing Room
2:50 PM	3:50 PM	Ice Session	SOEC

MONDAY - FRIDAY

START	END	ACTIVITY	LOCATION
9:50 AM	9:55 AM	Meet at Dressing Rm	Dressing Room
10:00 AM	10:45 AM	Strength and Conditioning	Gym
11:00 AM	11:30 AM	Prep for ice	Dressing Room
11:30 AM	1:00 PM	Ice Session	SOEC
1:15 PM	1:45 PM	Meal	Cafeteria
2:00 PM	3:00 PM	Yoga	Bodies on Power
3:00 PM	4:00 PM	Activity/Lecture	TBD
4:00 PM	4:15 PM	Snack	Cafeteria
4:15 PM	4:45 PM	Prep for ice	Dressing Room
4:45 PM	6:15 PM	Ice Session	SOEC



RULES AND REGULATION

1. Have fun and enjoy playing and learning the coolest sport on earth - Hockey!
2. **Do Not** leave valuables in the Dressing Room - OHG is not responsible for lost or stolen items.
3. **Do Not** take or use other students' equipment or belongings.
4. The 'harassing', 'picking on', or 'bullying' of other students - Will Not be Tolerated