



## 2009-2010 CONDITIONING & PERFORMANCE GOALIE 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 | Meal                  | Cafeteria     |
| 12:15 PM | 12:45 PM | Campus Tour           | TBD           |
| 12:55 PM | 1:25 PM  | Prep For Ice          | Dressing Room |
| 1:25 PM  | 2:25 PM  | Ice Session           | Memorial      |

### MONDAY - FRIDAY

| START    | END      | ACTIVITY     | LOCATION      |
|----------|----------|--------------|---------------|
| 7:15 AM  | 7:45 AM  | Prep for ice | Dressing Room |
| 7:45 AM  | 9:00 AM  | Ice Session  | OHTC          |
| 9:15 AM  | 9:45 AM  | Activity     | TBD           |
| 10:00 AM | 10:45 AM | Dryland      | Field         |
| 11:00 AM | 11:30 AM | Meal         | Cafeteria     |
| 11:45 AM | 12:15 PM | Prep For Ice | Dressing Room |
| 12:15 PM | 1:30 PM  | Ice Session  | OHTC          |
| 1:45 PM  | 2:00 PM  | Snack        | Dressing Room |
| 2:00 PM  | 2:45 PM  | Skills       | Curling Rink  |

**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.

