



2007-2008 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	12:10 PM	Campus Tour	TBD
12:40 PM	1:10 PM	Prep For Ice	Dressing Room
1:10 PM	2:10 PM	Ice Session	OHTC

MONDAY - FRIDAY

START	END	ACTIVITY	LOCATION
7:40 AM	7:45 AM	Meet at Dressing Rm	Dressing Room
7:55 AM	8:40 AM	Dryland	Field
8:45 AM	9:15 AM	Prep for ice	Dressing Room
9:15 AM	10:30 AM	Ice Session	OHTC
10:45 AM	11:00 AM	Snack	Cafeteria
11:15 AM	12:00 PM	Skills	Curling Rink
12:15 PM	12:45 PM	Meal	Cafeteria
1:15 PM	1:45 PM	Prep for ice	Dressing Room
1:45 PM	3:00 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.

