



2003-2005 OKANAGAN HOCKEY 4S TRAINING JULY 14 - 19, 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
11:30 AM	12:00 PM	Prep for ice	Dressing Room
12:00 PM	1:00 PM	Ice Session	SOEC

MONDAY-THURSDAY

START	END	ACTIVITY	LOCATION
8:00 AM	8:30 AM	Classroom session	TBD
8:30 AM	9:00 AM	Prep for ice	Dressing Room
9:00 AM	9:50 AM	Ice Session	SOEC
10:00 AM	11:00 AM	Ice Session	SOEC
11:15 AM	11:30 AM	Nutrition	TBD
11:45 AM	12:45 PM	Strength and Conditioning	Gym
1:00 PM	1:30 AM	Classroom session	TBD

FRIDAY

10:45 AM	11:45 AM	Strength and Conditioning	Gym
12:00 PM	12:30 PM	Meal	Cafeteria
12:30 PM	1:00 PM	Travel To McLaren Arena	McLaren Arena
1:00 PM	1:25 PM	Prep for Ice	Dressing Room
1:25 PM	2:25 PM	Ice Session	McLaren Arena
2:35 PM	3:25 PM	Ice Session	McLaren Arena
3:35 PM	4:05 PM	Classroom session	Dressing Room

SATURDAY

8:00 AM	8:30 AM	Prep for ice	Dressing Room
8:30 AM	10:30 AM	Ice Session	OHTC
10:45 AM	11:30 AM	Strength and Conditioning	Gym
11:30 AM	11:45 AM	Classroom session	Classroom

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.

