



OKANAGAN HOCKEY CAMPS - KELOWNA



9 - 10 Performance and Conditioning Camp August 17 - 21, 2020

NOTES: SCHEDULE SUBJECT TO CHANGE

CAPITAL NEWS CENTRE IS LOCATED AT 4105 GORDON DRIVE

REGISTRATION WILL TAKE PLACE 60 MINUTES BEFORE THE FIRST MONDAY ICE SESSION START TIME

MONDAY - FRIDAY			
Start	End	Activity	Location
8:00 AM	8:30 AM	Prep For Ice	Dressing Room
8:30 AM	9:45 AM	Ice Session	CNC 2
9:45 AM	10:15 AM	Change	Dressing Room
10:15 AM	11:15 AM	Activity (Games)	Field 1
11:15 AM	11:45 AM	Lunch	Mini Rink
11:45 AM	12:45 PM	Skills	Field 2
12:45 PM	1:00 AM	Stretch	Field 1
1:00 PM	2:00 PM	Dryland	Field 1
2:00 PM	2:15 PM	Snack	CNC Lobby
2:15 PM	2:45 PM	Prep For Ice	Dressing Room
2:45 PM	4:00 PM	Ice Session	CNC 1



PENTICTON, OILWORTH CENTRE.

RULES AND REGULATIONS:

- #1 Rule-Have fun and enjoy playing the coolest game on earth-HOCKEY!
- #2 Rule-Do Not leave valuables in locker room-OH is not responsible for lost or stolen items
- #3 Rule-Do Not take or use other students equipment or property
- #4 Rule-BULLYING, HARASSING, or PICKING ON other students will not be tolerated
- #5 Rule-Parents may check students out with counsellors permission
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