

OKANAGAN HOCKEY CAMPS - KELOWNA



9 - 10 Performance and Conditioning SKATER AUGUST 18 - 23, 2019



NOTES: SCHEDULE SUBJECT TO CHANGE

CAPITAL NEWS CENTRE IS LOCATED AT 4105 GORDON DRIVE

SUNDAY

Start	End	Activity	Location
12:00 PM	12:30 PM	Register	Capital News Centre
12:30 PM	1:00 PM	Welcome	Mini Rink
1:00 PM	1:45 PM	Prep for Ice	Dressing Room
1:45 PM	2:45 PM	Ice Session	CNC 2

MONDAY - FRIDAY

Start	End	Activity	Location
9:30 AM	10:00 AM	Prep For Ice	Dressing Room
10:00 AM	11:15 AM	Ice Session	CNC 2
11:30 AM	12:30 PM	Skills	Field 2
12:30 PM	1:00 PM	Lunch	Mini Rink
1:00 PM	2:00 PM	Dryland	Field 1
2:00 PM	2:15 PM	Snack	Lobby
2:15 PM	2:45 PM	Prep For Ice	Dressing Room
2:45 PM	4:00 PM	Ice Session	CNC 1

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