



2004-2006 COMBO CAMPS PRACTICE GOALIE JULY 28-AUGUST 2, 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)

Last ice time on Friday will be a game

SUNDAY

START	END	ACTIVITY	LOCATION
10:00 AM	10:30 AM	Registration	OHTC Plaza
10:30 AM	11:00 AM	Roll Call/Move Bags	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 - FRIDAY

START	END	ACTIVITY	LOCATION
10:00 AM	10:30 AM	Prep for ice	Dressing Room
10:30 AM	11:45 AM	Ice Session - Shooters	OHTC
12:00 PM	12:15 PM	Snack	Cafeteria
12:45 PM	1:30 PM	Skills	Curling Rink
1:30 PM	2:00 PM	Meal	Cafeteria
2:15 PM	3:00 PM	Strength and Conditioning	Field
3:15 PM	3:45 PM	Snack	Cafeteria
4:00 PM	4:30 PM	Prep for Ice	Dressing Room
4:30 PM	5:45 PM	Ice Session - Battle	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.



FOLLOW US ON SOCIAL MEDIA THIS WEEK,
FOR A CHANCE TO WIN
FREE OHG SWAG!
@OKANAGANHOCKEY