



## 2005-2006 SPEED CAMP 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
11:45 AM	12:15 PM	Campus Tour	TBD
12:30 PM	1:00 PM	Meal	Cafeteria
1:00 PM	1:50 PM	Activity	TBD
1:50 PM	2:20 PM	Prep for ice	Dressing Room
2:20 PM	3:20 PM	Ice Session	OHTC

### MONDAY - THURSDAY

START	END	ACTIVITY	LOCATION
8:55 AM	9:00 AM	Meet at Dressing Room	Dressing Room
9:00 AM	9:45 AM	Strength and Conditioning	Gym
10:00 AM	10:30 AM	Prep for ice	Dressing Room
10:30 AM	11:45 AM	Ice Session	OHTC
12:00 PM	12:30 PM	Meal	Cafeteria
12:55 PM	1:40 PM	Skills	Curling Rink
1:45 PM	2:30 PM	SAQ	Speed Center
2:30 PM	3:00 PM	Prep for ice	Dressing Room
2:30 PM	2:35 PM	Snack	Dressing Room
3:00 PM	4:15 PM	Ice Session	OHTC

### FRIDAY

7:55 AM	8:25 AM	Prep for ice	Dressing Room
8:25 AM	9:40 AM	Ice Session	OHTC
10:00 AM	10:45 AM	SAQ	Speed Center
11:00 AM	11:15 AM	Snack	Cafeteria
11:30 AM	12:15 PM	Strength and Conditioning	Gym
12:15 PM	12:45 PM	Meal	Cafeteria
12:45 PM	1:30 PM	Skills	Curling Rink
1:40 PM	2:05 PM	Prep for ice	Dressing Room
2:05 PM	3:20 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.

