



2003-2005 OKANAGAN HOCKEY 4S TRAINING 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)

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	Meal	Cafeteria
12:15 PM	1:15 PM	Skills	Curling Rink
1:30 PM	1:45 PM	Campus Tour	TBD
1:50 PM	2:20 PM	Prep for ice	Dressing Room
2:20 PM	3:20 PM	Ice Session	SOEC

MONDAY - FRIDAY

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

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.

