

OKANAGAN HOCKEY CAMPS - KELOWNA



**9 - 15 Specialized Goalie
AUGUST 18 - 23, 2019**



NOTES: SCHEDULE SUBJECT TO CHANGE

CAPITAL NEWS CENTRE IS LOCATED AT 4105 GORDON DRIVE

SUNDAY

| Start | End | Activity | Location |
|----------|----------|--------------|---------------|
| 9:30 AM | 10:00 AM | Register | CNC |
| 10:00 AM | 10:30 AM | Welcome | Mini Rink |
| 10:45 AM | 11:15 AM | Prep For Ice | Dressing Room |
| 11:15 AM | 12:15 PM | Ice Session | CNC 2 |

MONDAY - FRIDAY

| Start | End | Activity | Location |
|----------|----------|--------------|---------------|
| 10:15 AM | 11:15 AM | Dryland | Field 1 |
| 11:15 AM | 12:15 PM | Yoga | TBD |
| 12:15 PM | 12:30 PM | Snack | Lobby |
| 12:30 PM | 1:00 PM | Prep For Ice | Dressing Room |
| 1:00 PM | 2:15 PM | Ice Session | CNC 2 |
| 2:30 PM | 3:00 PM | Stretch | Field 1 |
| 3:00 PM | 3:30 PM | Lunch | Mini Rink |
| 3:30 PM | 4:00 PM | Prep For Ice | Dressing Room |
| 4:00 PM | 5:15 PM | Ice Session | CNC 2 |

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