



11-17 INTENSIVE GOALIE JULY 15 - 20, 2018



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	10:45 AM	Register/Expo	Plaza
11:00 AM	11:15 AM	Roll Call/Move Bags	Plaza
11:30 AM	12:00 PM	Assembly	SOEC
12:10 PM	12:40 PM	Prep for ice	Dressing Room
12:40 PM	1:40 AM	Ice Session	SOEC

MONDAY - FRIDAY

START	END	ACTIVITY	LOCATION
7:15 AM	7:45 AM	Prep for Ice	Dressing Room
7:45 AM	9:15 AM	Ice Session	SOEC
9:30 AM	9:45 AM	Snack	Cafeteria
10:00 AM	10:40 AM	Activity	Bodies on Power
10:40 AM	11:40 AM	Yoga	Field
11:45 AM	12:15 PM	Prep for ice	Dressing Room
12:15 PM	1:45 PM	Ice Session	SOEC
2:00 PM	2:30 PM	Meal	Cafeteria
2:45 PM	3:45 PM	Dryland	Gym



PENTICTON, DILWORTH CENTRE.

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



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