

## OKANAGAN HOCKEY CAMPS - KELOWNA



10 - 12 Power/Shooters  
JULY 28 - AUGUST 2, 2019



NOTES: SCHEDULE SUBJECT TO CHANGE

CAPITAL NEWS CENTRE IS LOCATED AT 4105 GORDON DRIVE

### SUNDAY

Start	End	Activity	Location
12:15 PM	12:45 PM	Register	CNC Lobby
12:45 PM	1:15 PM	Welcome	Mini Rink
1:15 PM	1:45 PM	Prep for Ice	Dressing Room
1:45 PM	2:45 PM	Ice Session	CNC 2

### MONDAY - FRIDAY

Start	End	Activity	Location
6:15 AM	6:45 AM	Prep For Ice	Dressing Room
6:45 AM	8:00 AM	Ice Session	CNC 2
8:00 AM	8:30 AM	Change	Dressing Room
8:30 AM	9:00 AM	Snack	Lobby
9:00 AM	10:00 AM	Skills	Field 2
10:00 AM	11:00 AM	Dryland	Field 1
11:15 AM	11:45 AM	Lunch	Mini Rink
11:45 AM	12:30 PM	Activity	Field #1
12:30 PM	1:00 PM	Prep For Ice	CNC 2
1:00 PM	2:15 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