

OKANAGAN HOCKEY CAMPS - KELOWNA



**13 - 15 Speed Camp
JULY 28 - AUGUST 2, 2019**

NOTES: SCHEDULE SUBJECT TO CHANGE

CAPITAL NEWS CENTRE IS LOCATED AT 4105 GORDON DRIVE

SUNDAY

Start	End	Activity	Location
11:00 AM	11:30 AM	Register	CNC Lobby
11:30 AM	12:00 PM	Welcome	Mini Rink
12:00 PM	12:30 PM	Prep For Ice	CNC 2
12:30 PM	1:30 PM	Ice Session	CNC 2

MONDAY - FRIDAY

Start	End	Activity	Location
7:45 AM	8:15 AM	Prep For Ice	Dressing Room
8:15 AM	9:30 AM	Ice Session	CNC 2
10:00 AM	11:00 AM	Skills	Field 2
11:00 AM	11:45 AM	Lunch	Mini Rink
12:00 PM	1:00 PM	Dryland	Field 1
1:00 PM	1:30 PM	Activity	Field 2
1:30 PM	2:00 PM	Snack	Lobby
2:00 PM	2:30 PM	Prep For Ice	Dressing Room
2:30 PM	3:45 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