

OKANAGAN HOCKEY CAMPS - KELOWNA



7 - 8 SKILL DEVELOPMENT SKATER AUGUST 11 - 16, 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 Lobby |
| 10:00 AM | 10:30 AM | Welcome | Mini Rink |
| 10:30 AM | 11:00 AM | Prep For Ice | Dressing Room |
| 11:00 AM | 12:00 PM | Ice Session | CNC 1 |

MONDAY - FRIDAY

| Start | End | Activity | Location |
|----------|----------|--------------|---------------|
| 6:30 AM | 7:00 AM | Prep For Ice | Dressing Room |
| 7:00 AM | 8:15 AM | Ice Session | CNC 2 |
| 8:30 AM | 8:45 AM | Snack | Lobby |
| 8:45 AM | 9:45 AM | Skills | Field 2 |
| 9:45 AM | 10:45 AM | Dryland | Field 1 |
| 10:45 AM | 11:15 AM | Lunch | Mini Rink |
| 11:15 AM | 11:45 AM | Prep For Ice | Dressing Room |
| 11:45 AM | 1:00 PM | Ice Session | CNC 1 |

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