



U17 Defence Camp Skaters and Goalies August 1-5, 2022



NOTES: Schedules subject to change

OH Office is located at 201 - 853 Eckhardt Avenue West (East side of SOEC through Gate 2 on 2nd Floor)

MONDAY

| START | END | ACTIVITY | LOCATION |
|----------|----------|------------------|---------------|
| 6:45 AM | 7:15 AM | Check In/Welcome | Plaza |
| 7:15 AM | 7:45 AM | Prep for ice | Dressing Room |
| 7:45 AM | 9:00 AM | Ice Session | Memorial |
| 9:15 AM | 9:30 AM | Snack | Cafeteria |
| 9:30 AM | 10:15 AM | Off Ice Skills | Curling Rink |
| 10:30 AM | 11:15 AM | Activity | TBD |
| 11:15 AM | 11:45 AM | Meal | Cafeteria |
| 11:45 AM | 12:15 PM | Prep for ice | Dressing Room |
| 12:15 PM | 1:30 PM | Ice Session | Memorial |

TUESDAY - FRIDAY

| START | END | ACTIVITY | LOCATION |
|----------|----------|----------------|---------------|
| 7:15 AM | 7:45 AM | Prep for ice | Dressing Room |
| 7:45 AM | 9:00 AM | Ice Session | Memorial |
| 9:15 AM | 9:30 AM | Snack | Cafeteria |
| 9:30 AM | 10:15 AM | Off Ice Skills | Curling Rink |
| 10:30 AM | 11:15 AM | Activity | TBD |
| 11:15 AM | 11:45 AM | Meal | Cafeteria |
| 11:45 AM | 12:15 PM | Prep for ice | Dressing Room |
| 12:15 PM | 1:30 PM | Ice Session | Memorial |



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FOR A CHANCE TO WIN
FREE OHG SWAG!
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