



2019 HOCKEY CANADA 2005-2006 GOALIE CAMP

NOTES: Schedules subject to change

SOEC - Stands for South Okanagan Events Centre

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

SUNDAY

START	END	ACTIVITY	LOCATION
11:00 AM	11:30 AM	Registration	OHTC Plaza
11:30 AM	12:00 PM	Assembly	Gym
12:15 PM	12:30 PM	Campus Tour	TBD
12:30 PM	1:00 PM	Meal	Cafeteria
1:10 PM	1:40 PM	Prep for ice	Dressing Room
1:40 PM	2:40 PM	Ice Session	SOEC

MONDAY - FRIDAY

START	END	ACTIVITY	LOCATION
9:00 AM	9:45 AM	Prep for ice	Dressing Room
9:45 AM	11:15 AM	Ice Session	SOEC
11:30 AM	12:30 PM	Activity/Lecture	TBD
12:30 PM	1:00 PM	Meal	Cafeteria
1:15 PM	2:00 PM	Strength and Conditioning	Gym
2:15 PM	2:30 PM	Snack	Dressing Room
2:30 PM	3:00 PM	Prep for ice	Dressing Room
3:00 PM	4:30 PM	Ice Session	SOEC
4:45 PM	5:45 PM	Yoga	TBD



RULES AND REGULATION

1. Have fun and enjoy playing and learning the coolest sport on earth - Hockey!
2. **Do Not** leave valuables in the Dressing Room - OHG is not responsible for lost or stolen items.
3. **Do Not** take or use other students' equipment or belongings.
4. The 'harassing', 'picking on', or 'bullying' of other students - Will Not be Tolerated