



## 2019 HOCKEY CANADA 2007-2008 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
12:00 PM	12:30 PM	Prep for ice	Dressing Room
12:30 PM	1:30 PM	Ice Session	SOEC

### MONDAY - FRIDAY

START	END	ACTIVITY	LOCATION
7:30 AM	8:00 AM	Prep for ice	Dressing Room
8:00 AM	9:30 AM	Ice Session	SOEC
9:45 AM	10:30 AM	Strength and Condition	Gym
10:45 AM	11:15 AM	Meal	Cafeteria
11:30 AM	12:30 PM	Yoga	TBD
12:45 PM	1:15 PM	Prep for ice	Dressing Room
1:15 PM	2:45 PM	Ice Session	SOEC
3:00 PM	3:15 PM	Snack	Dressing Room
3:15 PM	4:00 PM	Activity/Lecture	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