



**2009-2010 CONDITIONING & PERFORMANCE SKATER & GOALIE
AUG 4-9, 2019**



Notes: Schedules subject to change
Flames Community Arenas
2390 47 Ave SW, Calgary, AB
Last ice time on Friday will be a game

SUNDAY

START	END	ACTIVITY	LOCATION
1:30 PM	2:00 PM	CHECK-IN	LOBBY
2:00 PM	2:15 PM	ORIENTATION	LOUNGE
2:15 PM	2:45 PM	PREP FOR ICE	DRESSING ROOM
2:45 PM	3:45 PM	ICE SESSION	RED RINK

MONDAY-FRIDAY

START	END	ACTIVITY	LOCATION
9:30 AM	10:15 AM	OFF-ICE ACTIVITY	TBD
10:15 AM	10:45 AM	PREP FOR ICE	DRESSING ROOM
10:45 AM	12:00 PM	ICE SESSION	RED RINK
12:20	12:45 PM	MEAL	LOUNGE
12:50 PM	1:35 PM	DRYLAND	FIELD
1:45 PM	2:30 PM	SKILLS	SKILLS CENTER
2:30 AM	2:45 PM	SNACK	TBD
2:45 PM	3:15 PM	PREP FOR ICE	DRESSING ROOM
3:15 PM	4:30 PM	ICE SESSION	RED RINK

If the drop off and pick up times conflict with your schedule please contact the OHS office (888-844-6611) to discuss a potential solution.

RULES AND REGULATIONS:

- #1 Have fun and enjoy playing the coolest game on earth-HOCKEY!
- #2 Do Not leave valuables in locker room-OH is not responsible for lost or stolen items.
- #3 Do Not take or use other students equipment or property.
- #4 BULLYING, HARASSING, or PICKING ON other students will not be tolerated
- #5 Parents may check students out with counsellors permission
- #6 Players are required to bring their own food and water bottles