



2009-2010 CONDITIONING & PERFORMANCE SKATER JULY 28 - AUGUST 2, 2019



NOTES: Schedules subject to change

SOEC = South Okanagan Events Centre

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

SUNDAY

START	END	ACTIVITY	LOCATION
10:00 AM	10:30 AM	Registration	OHTC Plaza
11:00 AM	11:15 AM	Roll Call/Move Bags	OHTC Plaza
11:00 AM	11:30 AM	Welcome Assembly	OHTC
11:30 AM	12:00 PM	Prep for ice	Dressing Room
12:00 PM	1:00 PM	Ice Session	OHTC

MONDAY - FRIDAY

START	END	ACTIVITY	LOCATION
7:00 AM	7:30 AM	Prep for Ice	Dressing Room
7:30 AM	8:45 AM	Ice Session	OHTC
9:00 AM	9:45 AM	Skills	Curling Rink
10:15 AM	10:30 AM	Snack	Dressing Room
10:45 AM	11:30 AM	Dryland	Field
11:45 AM	12:15 PM	Meal	Cafeteria
12:30 PM	1:00 PM	Prep for ice	Dressing Room
1:00 PM	2:15 PM	Ice Session	SOEC



PENTICTON, OILWORTH CENTRE.

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

