



2009-2010 CONDITIONING & PERFORMANCE GOALIE 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 |
| 10:30 AM | 11:00 AM | Roll Call/Move Bags | 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 | SOEC |

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

