

OKANAGAN HOCKEY CAMPS - KELOWNA



11 - 12 Performance and Conditioning SKATER AUGUST 18 - 23, 2019



NOTES: SCHEDULE SUBJECT TO CHANGE

CAPITAL NEWS CENTRE IS LOCATED AT 4105 GORDON DRIVE

SUNDAY

Start	End	Activity	Location
10:45 AM	11:15 AM	Register	CNC
11:15 AM	11:45 AM	Welcome	Mini Rink
11:45 AM	12:15 PM	Prep For Ice	Dressing Room
12:15 PM	1:15 PM	Ice Session	CNC 1

MONDAY - FRIDAY

Start	End	Activity	Location
8:15 AM	8:45 AM	Prep For Ice	Dressing Room
8:45 AM	10:00 AM	Ice Session	CNC 1
10:15 AM	10:30 AM	Snack	Lobby
10:30 AM	11:30 AM	Dryland	Field 1
11:30 AM	12:00 PM	Lunch	Mini Rink
12:00 PM	1:00 PM	Activity	TBD
1:00 PM	2:00 PM	Skills	Field 2
2:00 PM	2:30 PM	Prep For Ice	Dressing Room
2:30 PM	3:45 PM	Ice Session	CNC 2

RULES AND REGULATIONS:

- #1 Rule-Have fun and enjoy playing the coolest game on earth-HOCKEY!
- #2 Rule-Do Not leave valuables in locker room-OHS is not responsible for lost or stolen items
- #3 Rule-Do Not take or use other students equipment or property
- #4 Rule-BULLYING, HARASSING, or PICKING ON other students will not be tolerated
- #5 Rule-Parents may check students out with counsellors permission