



2009-2010 COMBO PRACTICE GOALIE AUGUST 11 - 16, 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)

Last ice time on Friday will be a game

SUNDAY

START	END	ACTIVITY	LOCATION
10:00 AM	10:30 AM	Registration	OHTC Plaza
10:30 AM	11:00 AM	Roll Call Move Bags	OHTC Plaza
11:00 AM	11:30 AM	Welcome Assembly	OHTC
11:45 AM	12:15 PM	Meal	Cafeteria
12:00 PM	12:30 PM	Campus Tour	TBD
12:45 PM	1:45 PM	Skills	Curling Rink
2:00 PM	2:35 PM	Prep for ice	Dressing Room
2:35 PM	3:35 PM	Ice Session	Memorial

MONDAY-FRIDAY

START	END	ACTIVITY	LOCATION
8:30 AM	9:00 AM	Prep for ice	Dressing Room
9:00 AM	10:15 AM	Ice Session - Battle	SOEC
10:30 AM	11:15 AM	Skills	Curling Rink
11:15 AM	11:30 AM	Snack	Dressing Room
11:45 AM	12:30 PM	Dryland	Field
12:30 PM	12:45 PM	Meal	Cafeteria
1:00 PM	1:00 PM	Join Power/Shooters Group	
1:15 PM	1:30 PM	Dryland	Field
1:45 PM	2:15 PM	Snack	Cafeteria
2:30 PM	3:00 PM	Prep For Ice	Dressing Room
3:00 PM	4:15 PM	Ice Session - Shooters	SOEC

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



PENTICTON, DILWORTH CENTRE.



FOLLOW US ON SOCIAL MEDIA THIS WEEK,
FOR A CHANCE TO WIN
FREE OHG SWAG!
@OKANAGANHOCKEY