



## 2002-2008 INTENSIVE GOALIE JULY 14 - 19, 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	OHTC Plaza
11:00 AM	11:30 AM	Welcome Assembly	OHTC
11:45 AM	12:15 PM	Campus Tour	TBD
12:30 PM	1:00 PM	Meal	Cafeteria
1:00 PM	1:50 PM	Activity	TBD
1:50 PM	2:20 PM	Prep for ice	Dressing Room
2:20 PM	3:20 PM	Ice Session	SOEC

### MONDAY - THURSDAY

START	END	ACTIVITY	LOCATION
9:20 AM	9:25 AM	Meet at Dressing Room	Dressing Room
9:30 AM	10:30 AM	Yoga	TBD
10:45 AM	11:15 AM	Prep for ice	Dressing Room
11:15 AM	12:45 PM	Ice Session	SOEC
1:00 PM	1:30 PM	Meal	Cafeteria
1:45 PM	2:30 PM	Strength and Conditioning	Gym
2:45 PM	3:15 PM	Activity/Lecture	TBD
3:15 PM	3:30 PM	Snack	Dressing Room
3:30 PM	4:00 PM	Prep for ice	Dressing Room
4:00 PM	5:30 PM	Ice Session	SOEC

### FRIDAY

9:20 AM	9:25 AM	Meet at Dressing Room	Dressing Rm
9:30 AM	10:30 AM	Yoga	TBD
10:45 AM	11:15 AM	Prep for Ice	Dressing Room
11:15 AM	12:45 PM	Ice Session	Memorial
1:00 PM	1:30 PM	Meal	Cafeteria
1:45 PM	2:30 PM	Strength and Conditioning	Gym
2:45 PM	4:00 PM	Player Interviews	Galleria
4:15 PM	4:30 PM	Snack	
4:40 PM	5:10 PM	Prep for Ice	Dressing Room
5:10 PM	6:40 PM	Ice Session	Memorial

**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.

