



11-12 ADV. SKILLS AND CONDITIONING GOALIE SCHEDULE JULY 29 - AUGUST 3, 2018



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 |
|----------|----------|--------------------|-----------|
| 9:00 AM | 11:15 AM | Trade Show | Plaza |
| 10:00 AM | 10:45 AM | Register | Plaza |
| 11:30 AM | 12:00 PM | Assembly | OHS |
| 12:05 PM | 12:20 PM | Tour of Facilities | Plaza |
| 12:30 PM | 1:00 PM | Meal | Cafeteria |
| 1:15 PM | 2:15 PM | Activity | TBD |
| 2:30 PM | 3:00 PM | Prep For Ice | SOEC |
| 3:00 PM | 4:00 PM | Ice Session | SOEC |

MONDAY - FRIDAY

| START | END | ACTIVITY | LOCATION |
|----------|----------|-----------------|---------------|
| 7:00 AM | 7:30 AM | Prep for ice | Dressing Room |
| 7:30 AM | 8:30 AM | Ice Session | OHTC |
| 9:00 AM | | Meet up w/group | Curling Rink |
| 9:15 AM | 9:30 AM | Snack | Cafeteria |
| 9:35 AM | 10:05 AM | Prep for ice | Dressing Room |
| 10:05 AM | 11:20 AM | Ice Session | OHTC |
| 12:00 PM | 12:30 PM | Meal | Cafeteria |
| 12:45 PM | 1:30 PM | Dryland | Field |
| 1:50 PM | 2:20 PM | Prep for ice | Dressing Room |
| 2:20 PM | 3:35 PM | Ice Session | OHTC |

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