

15-17 SPEED CAMP SCHEDULE JULY 15 - 20, 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)

McLaren is located at 1350 King Street

SUNDAY

| START | END | ACTIVITY | LOCATION |
|----------|----------|---------------------|---------------|
| 9:00 AM | 11:15 AM | Trade Show | Plaza |
| 10:00 AM | 10:45 AM | Register | Plaza |
| 11:00 AM | 11:15 AM | Roll Call/Move Bags | Plaza |
| 11:30 AM | 12:00 PM | Assembly | OHTC |
| 12:05 PM | 12:20 PM | Tour Facilities | TBD |
| 12:30 PM | 1:30 PM | Activity | TBD |
| 1:40 PM | 2:10 PM | Meal | Cafeteria |
| 2:25 PM | 2:55 PM | Dynamic Warm Up | Gym |
| 3:05 PM | 3:35 PM | Prep for ice | Dressing Room |
| 3:35 PM | 4:50 PM | Ice Session | OHTC |

MONDAY - FRIDAY

| START | END | ACTIVITY | LOCATION |
|----------|----------|---------------------|---------------|
| 10:05 AM | 10:10 AM | Meet at Dressing Rm | Dressing Room |
| 10:15 AM | 11:00 AM | SAQ | Speed Centre |
| 11:05 AM | 11:20 AM | Snack | Cafeteria |
| 11:25 AM | 11:55 AM | Prep for ice | Dressing Room |
| 11:55 AM | 1:10 PM | Ice Session | OHTC |
| 1:30 PM | 2:00 PM | Meal | Cafeteria |
| 2:15 PM | 3:00 PM | Skills | Curling Rink |
| 3:05 PM | 3:50 PM | Strength Session | Gym |
| 3:50 PM | 4:20 PM | Prep for ice | Dressing Room |
| 4:20 PM | 5:35 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