

# OKANAGAN HOCKEY CAMPS - KELOWNA



9 - 15 Specialized Goalie  
AUGUST 11 - 16, 2019



**NOTES: SCHEDULE SUBJECT TO CHANGE**

**CAPITAL NEWS CENTRE IS LOCATED AT 4105 GORDON DRIVE**

## SUNDAY

| Start    | End      | Activity     | Location      |
|----------|----------|--------------|---------------|
| 9:30 AM  | 10:00 AM | Register     | CNC           |
| 10:00 AM | 10:30 AM | Welcome      | Mini Rink     |
| 10:45 AM | 11:15 AM | Prep For Ice | Dressing Room |
| 11:15 AM | 12:15 PM | Ice Session  | CNC 2         |

## MONDAY - FRIDAY

| Start    | End      | Activity     | Location      |
|----------|----------|--------------|---------------|
| 10:15 AM | 11:15 AM | Dryland      | Field 1       |
| 11:15 AM | 12:15 PM | Yoga         | TBD           |
| 12:15 PM | 12:30 PM | Snack        | Lobby         |
| 12:30 PM | 1:00 PM  | Prep For Ice | Dressing Room |
| 1:00 PM  | 2:15 PM  | Ice Session  | CNC 2         |
| 2:30 PM  | 3:00 PM  | Stretch      | Field 1       |
| 3:00 PM  | 3:30 PM  | Lunch        | Mini Rink     |
| 3:30 PM  | 4:00 PM  | Prep For Ice | Dressing Room |
| 4:00 PM  | 5:15 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-OH 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