



## 2002-2010 SPECIALIZED GOALIE CAMP 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
12:40 PM	1:10 PM	Prep for ice	Dressing Room
1:10 PM	2:10 PM	Ice Session	SOEC

### MONDAY - THURSDAY

START	END	ACTIVITY	LOCATION
7:00 AM	7:30 AM	Prep for Ice	Dressing Room
7:30 AM	8:45 AM	Ice Session	SOEC
9:00 AM	9:45 AM	Strength and Conditioning	Gym
10:00 AM	10:15 AM	Snack	Cafeteria
10:30 AM	11:30 AM	Yoga	TBD
11:45 AM	12:15 PM	Meal	Cafeteria
12:30 PM	1:30 PM	Activity/Lecture	TBD
2:00 PM	2:30 PM	Prep for ice	Dressing Room
2:30 PM	3:45 PM	Ice Session	SOEC

### FRIDAY

8:50 AM	8:55 AM	Meet at Dressing Rm	Dressing Room
9:00 AM	9:45 AM	Strength and Conditioning	Gym
9:45 AM	10:45 AM	Player Interviews	OHTC
11:00 AM	11:20 PM	Travel to McLaren	McLaren Arena
11:30 AM	12:00 PM	Prep for Ice	Dressing Room
12:00 PM	1:15 PM	Ice Session	McLaren Arena
1:30 PM	2:00 PM	Meal	McLaren Arena
2:00 PM	3:00 PM	Activity Yoga	Field
3:05 AM	3:35 PM	Prep for ice	Dressing Room
3:35 PM	4:50 PM	Ice Session	McLaren Arena

**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.

