



2009-2010 CONDITIONING & PERFORMANCE SKATER AUGUST 18-23, 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
11:30 AM	12:00 PM	Prep For Ice	Dressing Room
12:00 PM	1:00 PM	Ice Session	OHTC

MONDAY - FRIDAY

START	END	ACTIVITY	LOCATION
7:15 AM	7:45 AM	Prep for ice	Dressing Room
7:45 AM	9:00 AM	Ice Session	OHTC
9:15 AM	9:45 AM	Activity	TBD
10:00 AM	10:45 AM	Dryland	Field
11:00 AM	11:30 AM	Meal	Cafeteria
11:45 AM	12:15 PM	Prep For Ice	Dressing Room
12:15 PM	1:30 PM	Ice Session	OHTC
1:45 PM	2:00 PM	Snack	Dressing Room
2:00 PM	2:45 PM	Skills	Curling Rink

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.

