



**2023 SUMMER HOCKEY CAMP SCHEDULE**

\*subject to change

**U15 Contact Camp  
Skaters and Practice Goalies**

**July 24-28, 2023**

| Day                | Start    | End      | Activity         | Location      |
|--------------------|----------|----------|------------------|---------------|
| <b>MONDAY ONLY</b> | 9:45 AM  | 10:15 AM | Check-in         | CNC 2         |
| Mon-Fri            | 10:15 AM | 10:45 AM | Prep for Ice     | Dressing Room |
| Mon-Fri            | 10:45 AM | 12:00 PM | Ice Session      | CNC 2         |
| Mon-Fri            | 12:15 PM | 1:15 PM  | Activity         | CNC 2         |
| Mon-Fri            | 1:15 PM  | 1:45 PM  | Meal             | Mini Rink     |
| Mon-Fri            | 2:00 PM  | 2:45 PM  | Dryland          | Field         |
| Mon-Fri            | 2:45 PM  | 3:00 PM  | Snack            | Mini Rink     |
| Mon-Fri            | 3:00 PM  | 4:00 PM  | Off Ice Training | Field         |
| Mon-Fri            | 4:00 PM  | 4:30 PM  | Prep for Ice     | Dressing Room |
| Mon-Fri            | 4:30 PM  | 5:45 PM  | Ice Session      | CNC 2         |

**NOTES:**

Okanagan Hockey Camps operate at **Capital News Centre-** 4105 Gordon Dr, Kelowna, BC V1W 4Z1

**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 ZERO tolerance for use of electronic devices in dressing rooms.
- #4 Do not take or use other athletes equipment or property.
- #5 BULLYING, HARASSING, or PICKING ON other students will not be tolerated
- #6 Parents may check athletes out with counsellors permission
- #7 Players are required to bring their own gear & water bottles



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