



**2023 SUMMER HOCKEY CAMP SCHEDULE**

\*subject to change

**U11 Shooters & Scorers Camp**

**Skaters and Practice Goalies**

**July 31-August 4, 2023**

Day	Start	End	Activity	Location
<b>MONDAY ONLY</b>	7:45 AM	8:15 AM	Check-in	CNC 1
Mon-Fri	8:15 AM	8:45 AM	Prep for Ice	Dressing Room
Mon-Fri	8:45 AM	10:00 AM	Ice Session	CNC 1
Mon-Fri	10:30 AM	11:00 AM	Lunch	Mini Rink
Mon-Fri	11:00 AM	11:15 AM	Flexibility & Movement	Field #2
Mon-Fri	11:15 AM	11:45 AM	Prep for Ice	Dressing Room
Mon-Fri	11:45 AM	1:00 PM	Ice Session	CNC 1
Mon-Fri	1:30 PM	1:45 PM	Snack	Mini Rink
Mon-Fri	1:45 PM	2:45 PM	Off Ice Training	Field #1

**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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