



2023 SUMMER HOCKEY CAMP SCHEDULE

*subject to change

**U13 Pre-Season Prep Camp
Skaters and Goalies**

August 14-18, 2023

Day	Start	End	Activity	Location
MONDAY ONLY	7:00 AM	7:30 AM	Check-in	CNC 1
Mon-Fri	7:30 AM	8:00 AM	Prep for Ice	Dressing Room
Mon-Fri	8:00 AM	9:15 AM	Ice Session	CNC 1
Mon-Fri	9:45 AM	10:00 AM	Snack	Dressing Room
Mon-Fri	10:00 AM	10:30 AM	Flexibility & Movement	Field #1
Mon-Fri	10:30 AM	11:00 AM	Prep for Ice	Dressing Room
Mon-Fri	11:00 AM	12:15 PM	Ice Session	CNC 1
Mon-Fri	12:45 PM	1:15 PM	Lunch	Dressing Room
Mon-Fri	1:15 PM	2:15 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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