



**2023 SUMMER HOCKEY CAMP SCHEDULE**

\*subject to change

**U9 3S Camp**

**Skaters and Practice Goalies**

**July 31 – Aug 4, 2023**

Day	Start	End	Activity	Location
<b>Mon. Only</b>	7:00 AM	7:30 AM	Check In	Arena Lobby
Mon-Fri	7:30 AM	8:00 AM	Prep for Ice	Dressing Room
Mon-Fri	8:00 AM	9:15 AM	Ice Session	Blue Rink
Mon-Fri	9:30 AM	9:45 AM	Snack	Cafeteria
Mon-Fri	9:45 AM	10:30 AM	Activity	TBD
Mon-Fri	10:45AM	11:30 AM	Dryland	TBD
Mon-Fri	11:30 AM	12:00 PM	Meal	Cafeteria
Mon-Fri	12:00 PM	12:30 PM	Prep for Ice	Dressing Room
Mon-Fri	12:30 PM	1:45 PM	Ice Session	Blue Rink
Mon-Fri	2:00 PM	2:45 PM	Skills	Curling Rink

**NOTES:**

Okanagan Hockey Camps operate at **Flames Community Arenas-** 2390 47 Ave SW, Calgary, AB T2T 5W5

**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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