

## 2024 SUMMER HOCKEY CAMP SCHEDULE

\*subject to change

### U13 Defence Skaters & Practice Goalies July 29-Aug 2, 2024



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

### **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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