

## 2024 SUMMER HOCKEY CAMP SCHEDULE

\*subject to change

### U15 Elite W/Ward Skaters & Practice Goalies July 29-Aug 2, 2024



| Day                | Start    | End      | Activity               | Location      |
|--------------------|----------|----------|------------------------|---------------|
| <b>MONDAY ONLY</b> | 7:00 AM  | 7:30 AM  | Check-in               | MNP           |
| Mon-Fri            | 7:30 AM  | 8:00 AM  | Prep for Ice           | Dressing Room |
| Mon-Fri            | 8:00 AM  | 9:15 AM  | Ice Session            | MNP 2         |
| Mon-Fri            | 9:30 AM  | 9:45 AM  | Snack                  | Dressing Room |
| Mon-Fri            | 9:45 AM  | 10:15 AM | Flexibility & Movement | Field         |
| Mon-Fri            | 10:15 AM | 10:45 AM | Prep for Ice           | Dressing Room |
| Mon-Fri            | 10:45 AM | 12:00 PM | Ice Session            | MNP 2         |
| Mon-Fri            | 12:30 PM | 1:00 PM  | Lunch                  | Mini Rink     |
| Mon-Fri            | 1:00 PM  | 2:00 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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