



DAILY SCHEDULE - SESSIONS 1-3
11-13 ELITE PROGRAM - CANUCKS GOALIES

SUNDAY

12:00 PM	12:45 PM	CHECK-IN
12:45 PM	1:00 PM	ORIENTATION (Lounge)
1:00 PM	1:30 PM	PREP FOR ICE
1:30 PM	1:45 PM	DAILY INSTRUCTIONAL PREVIEW
1:45 PM	2:45 PM	ICE SESSION (Gold)

MONDAY - FRIDAY

7:45 AM	8:30 AM	SKILLS
8:35 AM	9:00 AM	PREP FOR ICE
9:00 AM	9:15 AM	DAILY INSTRUCTIONAL PREVIEW
9:15 AM	10:45 AM	ICE SESSION (Blue)
11:00 AM	11:45 AM	DRYLAND
11:45 AM	12:05 PM	LUNCH
12:00 PM	12:30 PM	PREP FOR ICE
12:30 PM	1:45 PM	GOALIE ICE SESSION (Blue)
2:00 PM	2:45 PM	LECTURE/SNACK
2:50 PM	3:20 PM	PREP FOR ICE
3:20 PM	3:30 PM	DAILY INSTRUCTIONAL PREVIEW
3:30 PM	5:00 PM	ICE SESSION (Blue)

SATURDAY

10:00 AM	10:30 AM	PREP FOR ICE
10:30 AM	10:45 AM	STRETCH
10:45 AM	12:30 PM	GAME AND AWARDS (Gold)

RULES AND REGULATIONS:

- #1 Rule-Have fun and enjoy playing the coolest game on earth-HOCKEY!
- #2 Rule-Do Not leave valuables in locker room-OHS is not responsible for lost or stolen items.
- #3 Rule-Do Not take or use other students equipment or property.
- #4 Rule-BULLYING, HARASSING, or PICKING ON other students will not be tolerated
- #5 Rule-Parents may check students out with counsellors permission