



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

SUNDAY

1:00 PM	1:45 PM	CHECK-IN
1:45 PM	2:00 PM	ORIENTATION (Lounge)
2:00 PM	2:30 PM	PREP FOR ICE
2:30 PM	2:45 PM	DAILY INSTRUCTIONAL PREVIEW
2:45 PM	3:45 PM	ICE SESSION (Blue)

MONDAY - FRIDAY

8:30 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)
11:15 AM	11:30 AM	SNACK
11:35 AM	12:20 PM	DRYLAND
12:30 PM	1:00 PM	LUNCH
1:15 PM	2:00 PM	SKILLS
2:05 PM	2:50 PM	LECTURE
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