



**DAILY SCHEDULE - SESSION 1-3**  
**13-16 MIDGET PROGRAM - 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**

|          |          |                             |
|----------|----------|-----------------------------|
| 9:15 AM  | 10:00 AM | DRYLAND                     |
| 10:15 AM | 10:45 AM | PREP FOR ICE                |
| 10:45 AM | 11:00 AM | DAILY INSTRUCTIONAL PREVIEW |
| 11:00 AM | 12:15 PM | ICE SESSION (Blue)          |
| 12:30 PM | 1:45 PM  | GOALIE ICE SESSION (Blue)   |
| 2:00 PM  | 2:30 PM  | LUNCH                       |
| 2:45 PM  | 3:30 PM  | LECTURE                     |
| 3:35 PM  | 4:20 PM  | SKILLS                      |
| 4:20 PM  | 4:30 PM  | SNACK                       |
| 4:30 PM  | 5:00 PM  | PREP FOR ICE                |
| 5:00 PM  | 5:15 PM  | DAILY INSTRUCTIONAL PREVIEW |
| 5:15 PM  | 6:30 PM  | ICE SESSION (Blue)          |

**SATURDAY**

|          |          |                        |
|----------|----------|------------------------|
| 12:00 PM | 12:20 PM | PREP FOR ICE           |
| 12:30 PM | 12:45 PM | STRETCH                |
| 12:45 PM | 2:30 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