



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

SUNDAY

2:15 PM	3:00 PM	CHECK-IN
3:00 PM	3:15 PM	ORIENTATION (Lounge)
3:15 PM	3:45 PM	PREP FOR ICE
3:45 PM	4:00 PM	DAILY INSTRUCTIONAL PREVIEW
4:00 PM	5:00 PM	ICE SESSION (Blue)

MONDAY - FRIDAY

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)
12:45 PM	1:30 PM	DRYLAND
1:45 PM	2:15 PM	LUNCH
2:30 PM	3:15 PM	SKILLS
3:30 PM	4:15 PM	LECTURE
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