



DAILY SCHEDULE - SESSIONS 1-3
11-12 YEAR OLD ELITE PROGRAM - LOWE SKATERS

SUNDAY

START	END	ACTIVITY	LOCATION
11:30 AM	12:15 PM	Check-In	South Field
12:15 PM	12:40 PM	Orientation	North Field
12:40 PM	1:15 PM	Get Dressed	Dressing Room
1:15 PM	1:30 PM	Daily Preview	Dressing Room
1:30 PM	2:30 PM	Ice Session	Troy Murray Rink
		Photo Session	

MONDAY - FRIDAY

START	END	ACTIVITY	LOCATION
9:00 AM	9:45 AM	Skills	Performance Arena
9:45 AM	10:00 AM	Snack	Cafeteria
10:00 AM	10:30 AM	Get Dressed	Dressing Room
10:30 AM	10:45 AM	Daily Preview	Dressing Room
10:45 AM	12:15 PM	Ice Session	Mark Messier Rink
12:45 PM	1:30 PM	Dryland	South Field
1:30 PM	2:00 PM	Lunch	Cafeteria
2:00 PM	2:45 PM	Lecture	Morinville Room North
3:00 PM	3:30 PM	Get Dressed	Dressing Room
3:30 PM	3:45 PM	Daily Preview	Dressing Room
3:45 PM	5:15 PM	Ice Session	Mark Messier Rink

SATURDAY

START	END	ACTIVITY	LOCATION
7:15 AM	7:45 AM	Get Dressed	Dressing Room
7:45 AM	8:00 AM	Daily Preview	Dressing Room
8:00 AM	9:30 AM	Ice Session	Mark Messier Rink

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