



**DAILY SCHEDULE - JULY 25 - AUGUST 14, 2010**  
**13-14 YEAR OLD ELITE PROGRAM - MESSIER GOALIES**

**SUNDAY**

START	END	ACTIVITY	LOCATION
9:00 AM	9:45 AM	Check-In	South Field
9:45 AM	10:00 AM	Orientation	North Field
10:00 AM	10:30 AM	Get Dressed	Dressing Room
10:30 AM	10:45 AM	Daily Preview	Dressing Room
10:45 AM	11:45 AM	Goalie Ice Session	Mark Messier Rink
		Photo Session	

**MONDAY - FRIDAY**

START	END	ACTIVITY	LOCATION
7:00 AM	7:30 AM	Get Dressed	Dressing Room
7:30 AM	8:45 AM	Goalie Ice Session	Mark Messier Rink
9:45 AM	10:30 AM	Dryland	South Field
10:30 AM	11:15 AM	Lecture	Morinville Room North
11:15 AM	11:35 AM	Get Dressed	Dressing Room
11:35 AM	11:45 AM	Daily Preview	Dressing Room
11:45 AM	1:15 PM	Ice Session	Troy Murray Rink
1:45 PM	2:15 PM	Lunch	Cafeteria
2:30 PM	3:30 PM	Skills	Performance Arena
3:45 PM	4:00 PM	Snack	Cafeteria
4:00 PM	4:20 PM	Get Dressed	Dressing Room
4:20 PM	4:30 PM	Daily Preview	Dressing Room
4:30 PM	6:00 PM	Ice Session	Troy Murray Rink

**SATURDAY**

START	END	ACTIVITY	LOCATION
11:00 AM	11:30 AM	Get Dressed	Dressing Room
11:30 AM	11:45 AM	Daily Preview	Dressing Room
11:45 AM	1:15 PM	Ice Session	Troy Murray 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