



## WELCOME TO OKANAGAN HOCKEY SCHOOL



### OHS MISSION STATEMENT

*The Okanagan Hockey School is dedicated to providing a positive and safe environment for the participants to learn hockey skills, meet new friends, and have fun playing the game of hockey.*

Okanagan Hockey School is located in Penticton, British Columbia in the beautiful Okanagan Valley. This city of 30,000 people is located between two fresh water lakes, with beaches, restaurants, water sports, and many summer activities for all ages. In a few weeks, you will be starting your session at Okanagan Hockey School. This camp guide will prepare you for your visit. Read this camp guide carefully so you are familiar with everything you need to bring and the information you will need to know what is expected of you at camp.

We are happy that you have chosen Okanagan Hockey School and the Directors and Staff welcome you to the camp. We will do everything we can to make your visit pleasant and your hockey training a great experience. Don't hesitate to talk to us if you have a problem or need help. We look forward to meeting you.

The employees of Okanagan Hockey School are committed to providing strong Leadership and professional instruction with an emphasis on honesty, fairness, and Respect toward the participants.

### PHILOSOPHIES & OBJECTIVES:

1. To ensure the player feels comfortable and enjoys the fun and challenge of participating in – and/or living at – a hockey camp.
2. To provide each player with an interesting, intensive and specialized instructional program in all phases of the game of hockey.
3. To help build lasting friendships based on personal respect, athletic compatibility and common experiences.
4. To teach/learn leadership, positive self-image, and how to be responsible for your own decisions, actions and behavior both **on and off of the ice**.
5. To emphasize the importance of sportsmanship and fair play.
6. To promote the importance of education for the hockey player.
7. To emphasize the proper attitude toward coaches, referees and game of officials.

### Transportation to Okanagan Hockey School

#### Pick-Up and Drop-Off Services for Unaccompanied Minors

Before booking flights please check with OHS regarding your child's schedule. Students should arrive and depart the day their program starts and ends. Please contact OHS if your child is unable to arrive and depart on these designated days, as special arrangements need to be made for students who need an extra night accommodation.

All students arriving unaccompanied into Penticton or Kelowna Airports needing pick-up and drop-off service will need to advise us **2 WEEKS** in advance of your travel time. OHS will make the necessary arrangements to have your child picked up and dropped off at the Airport or Greyhound Bus Depot. The fee from the Penticton Airport and Bus Depot is \$7.00 one way and the fee for shuttle service to Kelowna is \$55.00 one way.

### **TRAVEL ITINERARY**

Please send your travel itinerary to Okanagan Hockey School by email:

[darylmeyers@hockeyschools.com](mailto:darylmeyers@hockeyschools.com) or fax: (250) 493-9222.

OHS will book the service and billing arrangements will be made.

As Kelowna is a one-hour drive from Penticton, every effort will be made to meet your child as soon as they arrive in Kelowna, but pick-up will be contingent on the shuttle service schedule. If at all possible please arrange for your child to come directly into Penticton.

### **ATTENTION - ALL INTERNATIONAL STUDENTS ARRIVING BY AIRPLANE:**

You should be prepared to show "Proof of Citizenship" when entering and/or leaving Canada. Bring a Birth Certificate or a Passport. Also, you will be required to "clear customs" either in Kelowna, Vancouver or Calgary. It will be necessary when you arrive at any of these destinations to personally pick up your luggage and equipment and **take it with you through customs**. If you do not do this, you will arrive at the Penticton Airport, **but your luggage and your equipment will not!**

### **GETTING READY FOR HOCKEY SCHOOL**

You should take the time to check your hockey equipment before you leave. Try your skates on to be sure that they fit. If you do need new skates, wear them a bit before hand if possible, to prevent blisters. Try on all of your equipment –making sure it still fits, and no repairs are required.

**Please put your name on all articles, including your sticks and your equipment bag. Lost and misplaced items are impossible to identify without a name (initials only are not good enough!) Mark your new equipment purchases as well. OHS will not be responsible for any lost or stolen items.**

## CHECK LIST OF EQUIPMENT TO BRING

### Skaters

- Skates
- Hockey Socks
- Hockey Garters
- Supporter and Cup
- Hockey Pants
- Leg Guards
- Elbow Pads
- Shoulder Pads
- Mouth Guard (or Face Mask)
- Helmet
- Hockey Gloves
- Sticks (one or two depending on age)
- Neck Guard

### Goalies

- ~ Skates
- ~ Hockey Socks
- ~ Hockey Pads
- ~ Supporter & Cup
- ~ Hockey Pants
- ~ Chest Protector
- ~ Goaltender Mask
- ~ Goaltender Neck Guard
- ~ Goal Sticks
- ~ Blocker
- ~ Catcher

## ON ARRIVAL – SUNDAY CHECK-IN PROCEDURES –OHS PENTICTON

<b>ALL GOALIES</b>	<b>Check in at 11:00 am</b>
<b>ALL IDT STUDENTS</b>	<b>Check in at 12:00 noon</b>
<b>ALL DAY STUDENTS</b>	<b>Check in at 1:30 pm</b>
<b>ALL BOARDING STUDENTS</b>	<b>Check in at 1:30 pm</b>
<b>ALL SHOOTERS &amp; SCORERS</b>	<b>Check in at 1:30 pm</b>

**Check in takes place in front of the OHS Dorm, across from Memorial Arena. We will be set up outside, waiting for YOU!**

Find your name on the “big board ” that will tell you what group and team you are going to be with -then head for the table that will be marked with the name of your group. Counselors and staff will be there to give you a daily schedule, briefly explaining what takes place the rest of the day and to answer any questions. You should have time to do the following:

- 1.Pick up your Jersey
- 2.Order pictures (see section on “Pictures”)
- 3.Deposit money in Student Bank (see section on “**Student Bank**”)
- 4.Arrange Lunch tickets (**DAY STUDENTS ONLY**)
- 5.Put your Equipment in the Dressing Room assigned to your group.
- 6.**BOARDING STUDENTS ONLY**-Find your Dorm room, bed, & locker.
- 7.**ATTEND THE OHS ASSEMBLY** -Then Camp begins.

### THE STUDENT BANK

We have a student bank system available for all day and boarding students. This gives you the opportunity to set up an account for the time you are at camp and you don't have to worry about losing your money. **It is mandatory to put your money in the student bank.** Your counselors will be checking with you to make sure you are using the student bank.

**WE WILL NOT BE RESPONSIBLE FOR MONEY KEPT IN YOUR HOCKEY BAGS, SUITCASE OR LOCKER.**

You will be able to cash out the money you have left the day you leave.

## **TEAM AND INDIVIDUAL PICTURES**

There will be a photographer at check-in on Sunday who will be taking orders for pictures. We schedule a picture taking session time for all groups, on Tuesdays, so they are taken automatically. However, if you wish to have a picture of your team to take home, you **must order one in advance -preferably at check-in on Sunday** .The most popular package is a "Team Mate "which is a group picture plus an individual photo all in one frame. There are also a number of "variety" items available to order if you wish. ALL PICTURES ARE PICKED UP ON SATURDAY.  
Visit [www.sportraitsint.com](http://www.sportraitsint.com) for more information.

## **YOUR COUNSELORS**

Our Counselors are with us for the whole summer – especially the Boarding Counselors. They will be looking after your group throughout the day and night. For the most part, they are University students in the field of education or physical education. They are young people who enjoy being with young students and they will work hard to see that you are happy and have a good camp. The Counselors ask that you help them by being co-operative and friendly towards your teammates and the counseling staff.

## **YOUR GROUP AND YOU**

The people in your group will come from many places -even from other countries. Most will be just as anxious and excited as you are to learn and to have a productive happy session. WE ASK that you cooperate with your Counselor in following the assigned schedule. You will be with your group -on the ice, during Skills Centre and dry land, at lectures, at lunch, and if you are a boarding student -with other boarders, sleeping in the same room and doing after-hour activities. Being with the same group of people for a whole week can sometimes be difficult. Some people like to attract attention to themselves. It is never fun if people argue and fight -or if someone tries to be a bully. Your Counselor and the rest of the staff will work hard to keep such things from happening. It is important that you tell your counselor immediately if someone is harassing you. It will be up to each individual to do his or her best to help the staff by;

- 1.being friendly
- 2.being willing to learn and help
- 3.co-operating and listening to your Counselors and Instructors.

## **INFORMATION PERTAINING TO BOARDING STUDENTS – OHS PENTICTON ONLY**

### **THE DORM**

Boarding students at Okanagan Hockey School live in a "dormitory type" atmosphere. Each group (by age)has its own room. Each student has their own bunk bed and is assigned a locker to store their belongings. The Counselors sleep in the same room with their group. There are washrooms and showers available for the students.

Across the street in Memorial Arena, we have a chef and full kitchen staff serving meals in the cafeteria.

## **GENERAL RESPONSIBILITIES & EXPECTATIONS FOR BOARDING STUDENTS**

Our Counselors are very responsible and helpful -but they don 't replace Mom or Dad and they have a whole group to look out for. It is therefore partly the responsibility of each

boarding student to follow a few simple rules:

1. Keep your clothes in order, and the area around your bunk clean and tidy. Pick up dirty clothes and put them away. **Keep your personal belongings in your locker.**
2. Wash & shower regularly. Clean your teeth and change your clothes often.
3. Sufficient fluid intake is important for peak athletic performance.
4. Make sure you get enough sleep.
5. Always wear shoes when you are outside -and a hat and shirt to avoid sunburn
6. DO NOT consume food or beverages in your Dorm Room

## **MEALS AT OKANAGAN HOCKEY SCHOOL**

### **NUTRITION IS IMPORTANT FOR ATHLETES**

Proper nutrition is important not only while you are at Okanagan Hockey School but also during your hockey season, as well as in every day life.

Ideally, each meal should be well-balanced with representation from the three food groups: 1) Protein; 2) Fat and 3) Carbohydrates.

At Okanagan Hockey School we would suggest your diet consist of: 1) approximately 30% Protein; 2) approximately 30% fat and 3) approximately 40% carbohydrates. These suggested guidelines, which our Chef and Nutritionist have used, are the basis for our menu at Okanagan Hockey School.

Regardless of the exact ratios, it is **very important** to note that while you are at OHS the well-balanced meals we serve (protein, non- starchy carbohydrates and unsaturated fat) will result in your enjoying camp more and having increased energy levels. The schedule at OHS is demanding and will require you to have your energy level at a maximum.

### **Proper rest and sufficient fluid intake are also important for peak athletic performance.**

For many hockey players and athletes there is not enough emphasis and education on your DIET as part of your fitness and hockey program. Sometimes it 's hard to realize and understand how important diet and nutrition are, but it 's just a matter of getting used to new eating habits. You will be truly amazed with the results. A well-balanced diet will be the blueprint you need to perform at your very best.

Our nutritionist has recommended that meals at Okanagan Hockey School contain: 1) **Lean Protein** i.e. chicken, turkey, eggs, lean meat; 2) **Types of Fat** that consist of some unsaturated fat; 3) **Some Carbohydrates** of the non-starchy and non-sugary types. The following is a typical one-week menu for players at Okanagan Hockey School. Emphasis has been placed on providing a well-balanced, enjoyable meal for players taking part in our rigorous training program.

## **CAFETERIA RULES – OHS PENTICTON**

1. follow your group schedule and eat at the correct times so you don't create lineups.
2. be friendly and courteous to the kitchen staff
3. we expect proper table manners and cleanup of your tray following meals

## **BED TIME PROCEDURES FOR BOARDING STUDENTS**

Your days will be busy and you should be more than ready when "lights out" is called. You will need sufficient sleep to have a good camp experience. Camp will not be nearly as rewarding or as much fun if you are tired.

Clean up and prepare for bed so you are ready when the Counselor announces lights out.

**If you have a late ice time, BE VERY QUIET when you come into the Dorm. Other players will be asleep and probably will be getting up very early. PLEASE BE CONSIDERATE.**

## **INJURIES, SICKNESS, MEDICAL PROBLEMS**

Nobody plans to get sick or hurt themselves but sometimes it happens. For minor problems, headaches, cuts, rashes, blisters, etc., we have a Nurse who is available every Monday to Friday for one hour each day. See your Counselor or come to the office if you have any problems. We have an athletic Therapist available at Memorial Arena Monday to Friday to assess injuries.

For more serious illnesses or injuries, we will take you to see a Doctor or Dentist

**\*Out of country students will require a credit card for hospital or clinic visits.**

**\*Aspirin, Tylenol and other medications will not be issued without parents written permission.**

If you have any medical concerns at all, please let someone know immediately! Come to the Dorm office or talk to your Counselor and we will make sure that you are taken care of. **Please notify your counselor if you have any medication or any medical conditions as soon as you check in.**

## **Telephone Calls**

There will be phones available for you to use at the Dorm Office. You must have a calling card, phone card, or be able to call collect. Please discuss with your parents how they would like you to call home.

### PARENTS PLEASE NOTE

- Cell phones will not accept COLLECT CALLS
- Make sure the phone card will work in Canada

As your child will be very busy with their scheduled activities it is not always possible for them to call home as often as you like. If you need to get a message to them please call OHS Dorm or email: [darylmeyers@hockeyschools.com](mailto:darylmeyers@hockeyschools.com). Messages will be posted on their team message board as soon as they are received.

## **Email / Computer Use**

Your parents may send you email messages through the dorm office: [darylmeyers@hockeyschools.com](mailto:darylmeyers@hockeyschools.com). A computer is available for students to email their parents or friends. There is a time limit for the computer and strict policies are in place for their use.

## **STUDENT MAIL**

Parcels and mail will be passed along. Please send any mail directly to: **O.H.S. Administration, 330 Power St., Penticton, BC V2A 5X2**

## **LOST AND FOUND**

Campers are notorious for leaving clothes etc. lying around. Take the time to look for and pick up your belongings, putting them into your locker or away in your suitcase. Keep the area around your bunk neat and tidy. If the maintenance people find articles lying around they may put them in the lost and found box. Check it if you are missing anything. If you take care of your things and keep them put away, then they will be there when you want them.

**OHS IS NOT RESPONSIBLE FOR MISPLACED OR STOLEN ARTICLES. USE YOUR LOCKERS AND ENSURE THAT THEY ARE LOCKED.**

### **Leaving Camp-Visitors-Security**

To ensure that all boarding students are supervised, safe and accounted for at all times during their stay at OHS Dorm no student will be allowed to leave OHS without a parent/guardian signing them out. If your parents would like another adult to be able to take you places, they must supply the Dorm Office with written permission as to who will be allowed to sign you out. Under no circumstance will students be allowed to leave OHS without being accompanied by an authorized adult. Any parent wishing to send permission can email [darylmeyers@hockeyschools.com](mailto:darylmeyers@hockeyschools.com) or fax (250) 493-9222.

### **BOARDING STUDENTS ADDITIONAL CHECKLIST OF WHAT TO BRING**

- Sleeping Bag
- Pillow
- Toilet Articles (toothbrush, soap, towel, shampoo, face cloth, etc.)
- Light Jacket
- Lots of Socks
- Padlock with two keys -or a combination lock
- Shorts (2 or 3 pair)
- Running Shoes
- Swim Suit and Beach Towel
- Jeans and T-shirts
- Hat and Sun Protection
- Bag (or pillow case) for dirty laundry
- Water bottle

### **Personal Medical Supplies**

- **Tensor**
- **Band-Aids**
- **Antibiotic ointment**
- **Moleskin**
- **Throat lozenges**
- **Paper Tape**
- **Personal information on medication**
- **Please make sure you have these items with you.**