



OKANAGAN HOCKEY SCHOOL - KELOWNA

DAILY SCHEDULE - AUGUST 8 - 21, 2010 14-16 YEAR OLD ELITE PROGRAM - CANADIENS GOALIES

NOTE: DIP stands for Daily Instructional Preview

SUNDAY

2:30 PM	3:15 PM	CHECK-IN
3:15 PM	3:45 PM	ORIENTATION
3:45 PM	4:30 PM	PREP FOR ICE
4:30 PM	4:45 PM	DIP
4:45 PM	5:45 PM	ICE SESSION (CNC 2)

MONDAY - FRIDAY

7:30 AM	8:15 AM	SKILLS
8:15 AM	9:00 AM	DRYLAND
9:00 AM	9:30 AM	PREP FOR ICE
9:30 AM	9:45 AM	DIP
9:45 AM	11:00 AM	ICE SESSION (CNC 2)
11:30 AM	12:00 PM	LUNCH
12:10 PM	12:30 PM	PREP FOR ICE
12:30 PM	1:45 PM	GOALIE ICE (CNC 1)
2:05 PM	2:20 PM	SNACK
2:20 PM	2:50 PM	LECTURE
2:50 PM	3:15 PM	PREP FOR ICE
3:15 PM	4:30 PM	ICE SESSION (CNC 2)

SATURDAY

9:15 AM	9:45 AM	PREP FOR ICE
9:45 AM	10:00 AM	STRETCH
10:00 AM	11:30 AM	GAME AND AWARDS (CNC 2)

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