



OKANAGAN HOCKEY SCHOOL - KELOWNA

DAILY SCHEDULE - AUGUST 8 - 21, 2010

11-13 YEAR OLD ELITE PROGRAM - CANUCKS SKATERS

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	4:15 PM	PREP FOR ICE
4:15 PM	4:30 PM	DIP
4:30 PM	5:30 PM	ICE SESSION (CNC 1)

MONDAY - FRIDAY

10:15 AM	10:45 AM	PREP FOR ICE
10:45 AM	11:00 AM	DIP
11:00 AM	12:15 PM	ICE SESSION (CNC 1)
12:45 PM	12:55 PM	SNACK
1:00 PM	1:50 PM	DRYLAND
2:00 PM	2:30 PM	LUNCH
2:35 PM	3:25 PM	SKILLS
3:30 PM	4:20 PM	LECTURE
4:20 PM	4:45 PM	PREP FOR ICE
4:45 PM	5:00 PM	DIP
5:00 PM	6:15 PM	ICE SESSION (CNC 1)

SATURDAY

7:30 AM	8:00 AM	PREP FOR ICE
8:00 AM	8:15 AM	STRETCH
8:15 AM	9:45 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