



## OKANAGAN HOCKEY SCHOOL - KELOWNA

### DAILY SCHEDULE - AUGUST 8 - 21, 2010

### 14-16 YEAR OLD ELITE PROGRAM - CANADIENS SKATERS

NOTE: DIP stands for Daily Instructional Preview

#### SUNDAY

1:15 PM	2:00 PM	CHECK-IN
2:00 PM	2:30 PM	ORIENTATION
2:30 PM	3:15 PM	PREP FOR ICE
3:15 PM	3:30 PM	DIP
3:30 PM	4:30 PM	ICE SESSION (CNC 2)

#### MONDAY - FRIDAY

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	11:45 AM	SNACK
11:50 AM	12:40 PM	DRYLAND
12:45 PM	1:05 PM	LUNCH
1:20 PM	2:10 PM	SKILLS
2:10 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