



2010 OKANAGAN HOCKEY SCHOOL Kelowna Prep Camp

July 26 - 30 CNC Centre



<u>MONDAY</u>			
START	END	ACTIVITY	LOCATION
3:30 PM	4:00 PM	Registration	CNC Centre
4:15 PM	5:45 PM	Off-Ice Training	Weight Room
6:00 PM	6:30 PM	Prep for Ice	Dressing Room
6:30 PM	8:00 PM	Ice	CNC #2

<u>TUESDAY</u>			
4:15 PM	5:45 PM	Off-Ice Training	Weight Room
6:00 PM	6:30 PM	Prep for Ice	Dressing Room
6:30 PM	8:00 PM	Ice	CNC #1

<u>WEDNESDAY - FRIDAY</u>			
4:15 PM	5:45 PM	Off-Ice Training	Weight Room
6:00 PM	6:30 PM	Prep for Ice	Dressing Room
6:30 PM	8:00 PM	Ice	CNC #2

RULES AND REGULATIONS:

1. Have fun and enjoy playing and learning the coolest sport on earth - Hockey!
2. **Do Not** leave valuables in the Dressing Room or Dorm - OHS is not responsible for lost or stolen items.
3. **Do Not** take or use other students' equipment or belongings.
4. The 'harassing', 'picking on', or 'bullying' of other students - Will Not be Tolerated
5. Parents may check students out with their Counsellor's permission.

