



OKANAGAN HOCKEY SCHOOL - KELOWNA

DAILY SCHEDULE - AUGUST 8 - 21, 2010

10-12 YEAR OLD REGULAR PROGRAM - MAPLE LEAF 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

8:45 AM	9:15 AM	PREP FOR ICE
9:15 AM	9:30 AM	DIP
9:30 AM	10:45 AM	ICE SESSION (CNC 1)
11:00 AM	11:10 AM	SNACK
11:10 AM	11:55 AM	LECTURE
11:55 AM	12:15 PM	LUNCH
12:15 PM	12:30 PM	PREP FOR ICE
12:30 PM	1:45 PM	GOALIE ICE (CNC 1)
2:00 PM	2:40 PM	DRYLAND
2:50 PM	3:15 PM	PREP FOR ICE
3:15 PM	3:30 PM	DIP
3:30 PM	4:45 PM	ICE SESSION (CNC 1)
5:05 PM	5:50 PM	SKILLS

SATURDAY

10:45 AM	11:15 AM	PREP FOR ICE
11:15 AM	11:30 AM	STRETCH
11:30 AM	1:00 PM	GAME AND AWARDS (CNC 1)

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