



## OKANAGAN HOCKEY SCHOOL - KELOWNA

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

### 13-15 YEAR OLD REGULAR PROGRAM - FLAMES 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	8:00 AM	PREP FOR ICE
8:00 AM	8:15 AM	DIP
8:15 AM	9:30 AM	ICE SESSION (CNC 2)
9:50 AM	10:40 AM	DRYLAND
10:45 AM	11:00 AM	SNACK
11:05 AM	11:50 AM	SKILLS
11:50 AM	12:10 PM	LUNCH
12:15 PM	12:30 PM	PREP FOR ICE
12:30 PM	1:45 PM	GOALIE ICE (CNC 1)
1:45 PM	3:00 PM	ICE SESSION (CNC 2)
3:30 PM	4:15 PM	LECTURE

#### SATURDAY

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