



OKANAGAN HOCKEY SCHOOL - KELOWNA

DAILY SCHEDULE - AUGUST 8 - 21, 2010 7-9 YEAR OLD REGULAR PROGRAM - OILERS 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

7:15 AM	7:45 AM	PREP FOR ICE
7:45 AM	8:00 AM	DIP
8:00 AM	9:15 AM	ICE SESSION (CNC 1)
9:30 AM	10:15 AM	SKILLS
10:15 AM	10:25 AM	SNACK
10:25 AM	11:10 AM	LECTURE
11:20 AM	11:50 AM	LUNCH
12:00 PM	12:30 PM	PREP FOR ICE
12:30 PM	1:45 PM	GOALIE ICE (CNC 1)
1:45 PM	2:00 PM	DIP
2:00 PM	3:15 PM	ICE SESSION (CNC 1)
3:30 PM	4:20 PM	DRYLAND

SATURDAY

9:00 AM	9:30 AM	PREP FOR ICE
9:30 AM	9:45 AM	STRETCH
9:45 AM	11:15 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