



OKANAGAN HOCKEY SCHOOL - KELOWNA

DAILY SCHEDULE - AUGUST 8 - 21, 2010

10-12 YEAR OLD REGULAR PROGRAM - MAPLE LEAF 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	3:00 PM	PREP FOR ICE
3:00 PM	3:15 PM	DIP
3:15 PM	4:15 PM	ICE SESSION (CNC 1)

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	11:45 AM	LECTURE
11:45 AM	12:15 PM	LUNCH
12:20 PM	1:20 PM	SKILLS
1:30 PM	1:45 PM	SNACK
1:50 PM	2:40 PM	DRYLAND
2:45 PM	3:15 PM	PREP FOR ICE
3:15 PM	3:30 PM	DIP
3:30 PM	4:45 PM	ICE SESSION (CNC 1)

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