



OKANAGAN HOCKEY SCHOOL - KELOWNA

DAILY SCHEDULE - AUGUST 8 - 21, 2010

13-15 YEAR OLD REGULAR PROGRAM - FLAMES SKATERS

NOTE: DIP stands for Daily Instructional Preview

SUNDAY

12:00 PM	12:45 PM	CHECK-IN
12:45 PM	1:15 PM	ORIENTATION
1:30 PM	2:00 PM	PREP FOR ICE
2:00 PM	2:15 PM	DIP
2:15 PM	3:15 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	11:55 AM	SKILLS
12:00 PM	12:30 PM	LUNCH
12:35 PM	1:15 PM	LECTURE
1:15 PM	1:45 PM	PREP FOR ICE
1:45 PM	3:00 PM	ICE SESSION (CNC 2)

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