



2010 OKANAGAN HOCKEY SCHOOL
11-12 PREP GOALIES
SESSIONS 1-4



NOTES: Pictures will take place before Monday afternoons ice session

<u>SUNDAY</u>			
START	END	ACTIVITY	LOCATION
10:30 AM	10:45 AM	Register	Okanagan Hockey School
11:00 AM	11:15 AM	Orientation	Lecture Room #1
11:15 AM	11:30 AM	Gear to Dressing Room	Front of South Okanagan Events Centre
11:15 AM	11:45 AM	Prep for Ice	Dressing Room
11:45 AM	12:45 PM	On Ice	OHS Training Centre
12:55 PM		Meet up with Players	OHS Training Centre
1:00 PM	1:30 PM	Assembly	OHS Training Centre
1:30 PM	2:00 PM	Tour of Facilities	Hockey School
2:00 PM	3:30 PM	Bowling	Sun Country Bowl
4:00 PM	4:30 PM	Prep for Ice	Dressing Room
4:30 PM	4:40 PM	DIP (Daily Instructional Preview)	Dressing Room
4:40 PM	5:40 PM	On Ice	OHS Training Centre

<u>MONDAY - FRIDAY</u>			
9:00 AM	9:30 AM	Off-Ice Stretching	OHA Gym
9:30 AM	10:00 AM	Lecture	Lecture Room #2
10:00 AM	10:15 AM	Snack	Cafeteria
10:15 AM	10:45 AM	Prep for Ice	Dressing Room
10:50 AM	12:05 PM	Ice	OHS Training Centre
12:15 PM	1:30 PM	Goalie Ice	OHS Training Centre
2:00 PM	2:30 PM	Lunch	Cafeteria
2:45 PM	3:30 PM	Off-Ice Training	OHA Gym
3:45 PM	4:15 PM	Prep for Ice	Dressing Room
4:15 PM	4:30 PM	DIP	Stretching Area
4:30 PM	5:45 PM	Ice	OHS Training Centre

<u>SATURDAY</u>			
10:15 AM	10:45 AM	Prep for Ice	Dressing Room
10:45 AM	11:00 AM	DIP	Dressing Room
11:00 AM	12:30 PM	Game/Awards	OHS Training Centre

RULES AND REGULATIONS:

1. Have fun and enjoy playing and learning the coolest sport on earth - Hockey!
2. **Do Not** leave valuables in the Dressing Room or Dorm - OHS is not responsible for lost or stolen items.
3. **Do Not** take or use other students' equipment or belongings.
4. The 'harassing', 'picking on', or 'bullying' of other students - Will Not be Tolerated
5. Parents may check students out with their Counsellor's permission.

