



2010 OKANAGAN HOCKEY SCHOOL
11-12 PREP GOALIES
SESSION 5



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	2:15 PM	Snack	Cafeteria
2:15 PM	3:30 PM	Bowling	Sun Country Bowl
3:30 PM	5:00 PM	Movie	Lecture Room #3
5:00 PM	5:30 PM	Prep for Ice	Dressing Room
5:30 PM	5:40 PM	DIP (Daily Instructional Preview)	Dressing Room
5:40 PM	6:40 PM	Ice	OHS Training Centre

<u>MONDAY - FRIDAY</u>			
8:30 AM	9:00 AM	Prep for Ice	Dressing Room
9:10 AM	10:25 AM	Ice	South Okanagan Events Centre
10:45 AM	11:15 AM	Lecture	Lecture Room #2
11:15 AM	11:45 AM	Lunch	Cafeteria
11:45 AM	12:15 PM	Prep for Ice	Dressing Room
12:15 PM	1:30 PM	Goalie Ice	OHS Training Centre
2:15 PM	3:15 PM	Off-Ice Training/Stretching	OHA Gym
3:15 PM	3:40 PM	Prep for Ice	Dressing Room
3:40 PM	4:55 PM	Ice	South Okanagan Events Centre

<u>SATURDAY</u>			
12:00 PM	12:30 PM	Prep for Ice	Dressing Room
12:30 PM	12:45 PM	DIP	Dressing Room
12:45 PM	2:15 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.