



2010 OKANAGAN HOCKEY SCHOOL 15-17 PREP CAMP - SKATERS SESSIONS 5 & 7



NOTES: Pictures will take place before Monday afternoons ice session

<u>SUNDAY</u>			
START	END	ACTIVITY	LOCATION
12:00 PM	12:45 PM	Register	Okanagan Hockey School
12:45 PM	1:00 PM	Roll Call/Move Equipment	Front of South Okanagan Events Centre
1:00 PM	1:30 PM	Assembly	OHS Training Centre
1:30 PM	2:00 PM	Tour of Facilities	Hockey School
2:30 PM	3:00 PM	Prep for Ice	Dressing Room
3:00 PM	3:15 PM	DIP (Daily Instructional Preview)	Dressing Room
3:15 PM	4:15 PM	On Ice	Memorial

<u>MONDAY - FRIDAY</u>			
7:20 AM	7:30 AM	Travel to McLaren	South Okanagan Events Centre
7:30 AM	8:00 AM	Prep for Ice	Dressing Room
8:00 AM	9:15 AM	Ice	McLaren
9:45 AM	10:00 AM	Travel to SOEC	McLaren
10:00 AM	11:00 AM	Skills Training	Skills Centre
11:00 AM	12:00 PM	Off-Ice Training	OHA Gym
12:00 PM	12:30 PM	Lunch	Cafeteria
12:30 PM	1:15 PM	Lecture	Lecture Room #4
1:35 PM	1:45 PM	Travel to McLaren	South Okanagan Events Centre
1:45 PM	2:15 PM	Prep for Ice	Dressing Room
2:15 PM	3:30 PM	Ice	McLaren
4:00 PM	4:10 PM	Travel to SOEC	McLaren

<u>SATURDAY</u>			
7:00 AM	7:20 AM	Prep for Ice	Dressing Room
7:20 AM	7:30 AM	DIP	Dressing Room
7:30 AM	9:00 AM	Game/Awards	Memorial

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.

