



**2010 OKANAGAN HOCKEY SCHOOL
DEFENSE CAMP
SESSIONS 3-5 & 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

<u>MONDAY - FRIDAY</u>			
10:15 AM	10:45 AM	Prep for Ice	Dressing Room
10:45 AM	11:00 AM	DIP	Dressing Room
11:00 AM	12:15 PM	Ice	Memorial
12:30 PM	1:00 PM	Lunch	Cafeteria
1:00 PM	2:00 PM	Off-Ice Training	OHA Gym
2:15 PM	2:45 PM	Skills Training	Skills Centre
2:45 PM	3:00 PM	Snack	Cafeteria
3:00 PM	3:30 PM	Lecture	Lecture Room #4
3:30 PM	4:00 PM	Prep for Ice	Dressing Room
4:00 PM	4:10 PM	DIP	Dressing Room
4:10 PM	5:25 PM	Ice	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.