



**2010 OKANAGAN HOCKEY SCHOOL
JUNIOR PREP CAMP
SESSIONS 5-7 - GROUP #2**



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> | | | |
|------------------------|----------|------------------|------------------------------|
| 12:00 PM | 12:25 PM | Prep for Ice | South Okanagan Events Centre |
| 12:25 PM | 2:05 PM | Ice | South Okanagan Events Centre |
| 2:30 PM | 3:30 PM | Yoga | Yoga Studio |
| 3:30 PM | 4:30 PM | Skills Training | Skills Centre |
| 4:30 PM | 5:00 PM | Dinner | Cafeteria |
| 5:00 PM | 6:00 PM | Off-Ice Training | OHA Gym |
| 6:00 PM | 6:30 PM | Prep for Ice | Dressing Room |
| 6:30 PM | 7:45 PM | Ice | South Okanagan Events 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.

