



2010 OKANAGAN HOCKEY SCHOOL 7-9 REGULAR GOALIE - OILERS SESSIONS 1-8



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	11:45 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
1:30 PM	2:00 PM	Tour of Facilities	Hockey School
1:50 PM	2:20 PM	Prep for Ice	Dressing Room
2:20 PM	2:30 PM	DIP (Daily Instructional Preview)	Dressing Room
2:30 PM	3:30 PM	Ice	OHS Training Centre

<u>MONDAY - FRIDAY</u>			
7:15 AM	8:00 AM	Prep for Ice	Dressing Room
7:45 AM	8:00 AM	DIP	Stretching Area
8:00 AM	9:15 AM	Ice	OHS Training Centre
9:30 AM	9:45 AM	Snack	Cafeteria
10:00 AM	11:00 AM	Off-Ice Training	Dryland Field
11:00 AM	11:30 AM	Lecture	Lecture Room #2
11:30 AM	11:50 AM	Lunch	Cafeteria
11:50 AM	12:15 PM	Prep for Ice	Dressing Room
12:15 PM	1:30 PM	Goalie Ice	OHS Training Centre
1:40 PM	2:55 PM	Ice	OHS Training Centre
3:15 PM	3:45 PM	Skills Training	Skills Centre

<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	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.

