



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



**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	1:50 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	7:45 AM	Prep for Ice	Stretching Area
7:45 AM	8:00 AM	DIP	Dressing Room
8:00 AM	9:15 AM	Ice	OHS Training Centre
9:30 AM	9:45 AM	Snack	Cafeteria
10:00 AM	11:00 AM	Dryland	Dryland Field
11:15 AM	11:45 AM	Skills Training	Skills Centre
11:45 AM	12:15 PM	Lunch	Cafeteria
12:15 PM	12:45 PM	Lecture	Lecture Room #1
1:00 PM	1:30 PM	Prep for Ice	Dressing Room
1:30 PM	1:40 PM	DIP	Stretching Area
1:40 PM	2:55 PM	Ice	OHS Training 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.

