



2010 OKANAGAN HOCKEY SCHOOL
15-17 PREP CAMP - GOALIES
SESSION 4



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
1:00 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 - THURSDAY</u>			
8:15 AM	8:45 AM	Lecture	Lecture Room #2
8:45 AM	9:10 AM	Prep for Ice	Dressing Room
9:10 AM	10:25 AM	Ice	South Okanagan Events Centre
10:50 AM	11:00 AM	Snack	Cafeteria
11:00 AM	11:45 AM	Off-ice Training	OHA Gym
11:45 AM	12:15 PM	Prep for Ice	Dressing Room
12:15 PM	1:30 PM	Goalie Ice	OHS Training Centre
2:00 PM	2:30 PM	Lunch	Cafeteria
2:30 PM	3:00 PM	Stretching	OHA Gym
3:00 PM	3:30 PM	Prep for Ice	Dressing Room
3:40 PM	4:55 PM	Ice	South Okanagan Events Centre

<u>FRIDAY</u>			
11:45 AM	12:15 PM	Prep for Ice	Dressing Room
12:15 PM	1:30 PM	Goalie Ice	OHS Training Centre
2:00 PM	3:00 PM	Off-Ice Training/Stretching	OHA Gym
3:00 PM	4:00 PM	Stretching & Reflex Training	OHA Gym
3:00 PM	4:00 PM	Lecture	Lecture Room #2
4:00 PM	4:30 PM	Meal	Cafeteria
4:30 PM	4:45 PM	Travel to McLaren	Memorial
4:50 PM	5:20 PM	Prep for Ice	Dressing Room
5:20 PM	6:35 PM	Ice	McLaren
7:00 PM	7:10 PM	Travel to Memorial	McLaren
7:10 PM	7:30 PM	Snack	Cafeteria
7:30 PM	7:40 PM	Travel to McLaren	Memorial
7:40 PM	8:10 PM	Prep for Ice	Dressing Room
8:10 PM	9:25 PM	Ice	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.