



## 2010 OKANAGAN HOCKEY SCHOOL SHOOTERS & SCORERS - GOALIES SESSIONS 5-7 - KINGS



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
2:00 PM	3:30 PM	Soccer	Dorm
3:30 PM	5:00 PM	Flag Football	Dorm
5:00 PM	5:25 PM	Prep for Ice	Dressing Room
5:25 PM	6:25 PM	Ice	Memorial

<u>MONDAY - FRIDAY</u>			
11:45 AM	12:15 PM	Prep for Ice	Dressing Room
12:15 PM	1:30 PM	Goalie Ice	OHS Training Centre
2:15 PM	3:15 PM	Stretching	OHA Gym
3:30 PM	4:00 PM	Lecture	Lecture Room #2
4:00 PM	4:20 PM	Meal	Cafeteria
4:20 PM	5:20 PM	Off-Ice Training	Dryland Field
5:25 PM	5:55 PM	Prep for Ice	Dressing Room
5:55 PM	7:25 PM	Ice	OHS Training Centre
8:00 PM	8:30 PM	Dinner	Cafeteria
8:30 PM	9:00 PM	Prep for Ice	Dressing Room
9:00 PM	10:30 PM	Ice	OHS Training Centre

<u>SATURDAY</u>			
12:00 PM	12:30 PM	Prep for Ice	Dressing Room
12:30 PM	12:45 PM	DIP	Dressing Room
12:45 PM	2:15 PM	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.

