



**2010 OKANAGAN HOCKEY SCHOOL
JUNIOR PREP CAMP
SESSIONS 3 & 4 - 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 - THURSDAY</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

<u>FRIDAY</u>			
1:15 PM	2:15 PM	Yoga	Yoga Studio
2:15 PM	2:45 PM	Prep for Ice	Dressing Room
2:45 PM	4:00 PM	Ice	Memorial
5:00 PM	5:30 PM	Dinner	Cafeteria
6:15 PM	7:15 PM	Off-Ice Training	OHA Gym
7:15 PM	8:15 PM	Skills Training	Skills Centre
8:25 PM	8:55 PM	Prep for Ice	Dressing Room
8:55 PM	10:10 PM	Ice	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.

