



2010 OKANAGAN HOCKEY SCHOOL POWER SKATING - GROUP #2 SESSION 1



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 - WEDNESDAY</u>			
1:15 PM	2:00 PM	Skills Training	Skills Centre
2:00 PM	2:45 PM	Lecture	Lecture Room #1
3:00 PM	3:15 PM	Snack	Cafeteria
3:20 PM	3:30 PM	Travel to McLaren	Memorial
3:30 PM	3:55 PM	Prep for Ice	Dressing Room
3:55 PM	5:10 PM	Ice	McLaren
5:35 PM	5:45 PM	Travel to Memorial	McLaren
5:45 PM	6:15 PM	Meal	Cafeteria
6:15 PM	7:15 PM	Off-Ice Training	OHA Gym
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
9:50 PM	10:00 PM	Travel to Memorial	McLaren

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

