



2010 OKANAGAN HOCKEY SCHOOL
Langley Junior Prep Camp
 August 16-20 Canlan Langley Twin Rinks



<u>MONDAY</u>			
START	END	ACTIVITY	LOCATION
7:00 AM	7:15 AM	Registration	Canlan Langley Twin Rinks
7:15 AM	7:45 AM	Prep for Ice	Dressing Room
7:45 AM	9:00 AM	Ice	Red Rink
9:45 AM	11:15 AM	Off-Ice Training	
11:45 AM	12:15 PM	Prep for Ice	Dressing Room
12:15 PM	1:30 PM	Ice	Blue Rink

<u>TUESDAY - FRIDAY</u>			
7:15 AM	7:45 AM	Prep for Ice	Dressing Room
7:45 AM	9:00 AM	Ice	Red Rink
9:45 AM	11:15 AM	Off-Ice Training	
11:45 AM	12:15 PM	Prep for Ice	Dressing Room
12:15 PM	1:30 PM	Ice	Blue Rink

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.

