



2010 OKANAGAN HOCKEY SCHOOL Langley Junior Prep Camp

August 9-13 Canlan Langley Twin Rinks



<u>MONDAY</u>			
START	END	ACTIVITY	LOCATION
10:00 AM	10:30 AM	Registration	Canlan Langley Twin Rinks
10:30 AM	11:00 AM	Prep for Ice	Dressing Room
11:00 AM	12:15 PM	Ice	Blue Rink
1:00 PM	2:30 PM	Off-Ice Training	
3:15 PM	3:45 PM	Prep for Ice	Dressing Room
3:45 PM	5:00 PM	Ice	Red Rink

<u>TUESDAY - FRIDAY</u>			
10:30 AM	11:00 AM	Prep for Ice	Dressing Room
11:00 AM	12:15 PM	Ice	Blue Rink
1:00 PM	2:30 PM	Off-Ice Training	
3:15 PM	3:45 PM	Prep for Ice	Dressing Room
3:45 PM	5:00 PM	Ice	Red 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.

