



**DAILY SCHEDULE - SESSION 1**  
**13-16 BATTLE CAMP GOALIES**

**NOTES: SCHEDULE SUBJECT TO CHANGE**  
**OFF-ICE ACTIVITY WILL CHANGE DAILY**

**SUNDAY**

2:45 PM	3:15 PM	CHECK-IN
3:15 PM	3:30 PM	ORIENTATION (Lounge)
3:30 PM	4:00 PM	PREP FOR ICE
4:00 PM	5:00 PM	ICE SESSION (Blue)

**If the drop off and pick up times conflict with your schedule please  
contact the OHS office (888-844-6611) to discuss a potential solution**

**MONDAY - FRIDAY**

9:30 - 10:15 AM	DRYLAND / STRETCHING
10:15 - 10:45 AM	PREP FOR ICE
10:45 - 12:00 PM	ICE SESSION (Blue)
12:00 - 12:15 PM	SNACK (DR)
12:15 - 1:30 PM	GOALIE ICE (Blue)
1:45 - 2:10 PM	LUNCH
2:15 - 3:00 PM	SKILLS
3:05 - 3:30 PM	PREP FOR ICE
3:30 - 4:45 PM	ICE SESSION (Gold)

**RULES AND REGULATIONS:**

- #1 Rule-Have fun and enjoy playing the coolest game on earth-HOCKEY!
- #2 Rule-Do Not leave valuables in locker room-OHS is not responsible for lost or stolen items.
- #3 Rule-Do Not take or use other students equipment or property.
- #4 Rule-BULLYING, HARASSING, or PICKING ON other students will not be tolerated
- #5 Rule-Parents may check students out with counsellors permission