



**Edmonton Oilers Hockey School Session 3  
11 – 12 Battle & Compete Skaters  
July 30 – August 4, 2017**

**NOTES:** Schedules subject to change

**FACILITY:** St. Albert Servus Centre

400 Campbell Rd. St. Albert. AB T8N 0R8

**SUNDAY**

START	END	ACTIVITY	LOCATION
11:15 AM	11:45 AM	Registration	South Field
11:45 AM	12:00 PM	Welcome	North Field
12:00 PM	12:30 PM	Prepare for Ice	Dressing Room
12:30 PM	1:30 PM	Ice Session	Mark Messier Arena

**If the drop off and pick up times conflict with your schedule please  
Contact the OHG Coordinator Sean Beissel 780.903.1515 to discuss a  
potential solution**

**MONDAY – FRIDAY**

START	END	ACTIVITY	LOCATION
10:00 AM	10:45 AM	Dynamic Flexibility / Activity	Go Auto Arena
10:45 AM	11:15 AM	Prepare for Ice	Dressing Room
11:15 AM	12:30 PM	Ice Session	Mark Messier Arena
12:30 PM	12:45 PM	Snack	Dressing Room
12:45 PM	1:45 PM	Dryland	South Field
1:45 PM	2:15 PM	Meal	Skybox Grill
2:15 PM	3:15 PM	Skills	Go Auto Arena
3:15 PM	3:45 PM	Prepare for Ice	Dressing Room
3:45 PM	5:00 PM	Ice Session	Mark Messier Arena

**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-OHG is not responsible for lost or stolen items.
- #3 Rule-Do not take or use other student's equipment or property.
- #4 Rule-BULLYING, HARASSING, or PICKING ON other students will not be tolerated
- #5 Rule-Parents may check students out with counsellor's permission