

# Sicamous Hockey School 2023

## U 9 Group Daily Schedule

(Monday thru Friday)

(Ages 5 to 8)

7:30am – 8:45am	On Ice Session
9:00am – 11:45am	Snack/Off- ice Activities
12:15am – 1:30	On Ice Session

**Game Day (Saturday)** 8:00am – 9:15am.

## Off-Ice Activity Schedule

Monday to Friday                      Minor Games and Fun

**This schedule is subject to change.**

Parents please provide a good healthy snack and lunch and a water bottle for your son/daughter/grandson/granddaughter. They will be working hard during the day and need to replenish their body with energy foods and fluids. If your son/daughter, grandson/granddaughter have any allergies or medical conditions we should know about please inform us so we can insure their medical safety during the hockey school. If you have any questions or concerns feel free to speak with one of the hockey school instructors.

## U 11 Group Daily Schedule

(Monday thru Friday)

(Ages 9 to 10)

9:00 am – 10:15am	On Ice Session
10:30am – 1:30pm	Snack/Off- ice Activity
1:45pm – 3:00pm	On Ice Session

**Game Day (Saturday)** 9:30am – 10:45am

## Off-Ice Activity Schedule

Monday to Friday                      Minor Games and Fun

**This schedule is subject to change.**

Parents please provide a good healthy snack and lunch and a water bottle for your son/daughter/grandson/granddaughter. They will be working hard during the day and need to replenish their body with energy foods and fluids. If your son/daughter, grandson/granddaughter have any allergies or medical conditions we should know about please inform us so we can insure their medical safety during the hockey school. If you have any questions or concerns feel free to speak with one of the hockey school instructors.

# Sicamous Hockey School 2022

## U 13 Group Daily Schedule

(Monday thru Friday)

(Ages 11 and 12)

10:30am – 12:00pm	On Ice Session
12:15pm – 3:00pm	Snack/Off- ice Activity
3:15pm – 4:45pm	On Ice Session

**Game Day (Saturday) 11:00am – 12:30pm**

### Off-Ice Activity Schedule

Monday to Friday                      Minor Games and Fun

**This schedule is subject to change.**

Parents please provide a good healthy snack and lunch and a water bottle for your son/daughter/grandson/granddaughter. They will be working hard during the day and need to replenish their body with energy foods and fluids. If your son/daughter, grandson/granddaughter have any allergies or medical conditions we should know about please inform us so we can insure their medical safety during the hockey school. If you have any questions or concerns feel free to speak with one of the hockey school instructors.

## U 15 Group Daily Schedule

(Monday thru Friday)

(Ages 13 and 14)

3:15 pm – 4:30pm	Off- ice Activity
5:00pm – 6:30pm	On Ice Session
7:00pm – 8:30pm	On Ice Session

**Game Day (Saturday) 12:45pm – 2:15pm**

### Off-Ice Activity Schedule

Monday to Friday                      Minor Games and Fun

**This schedule is subject to change.**

Parents please provide a good healthy snack and lunch and a water bottle for your son/daughter/grandson/granddaughter. They will be working hard during the day and need to replenish their body with energy foods and fluids. If your son/daughter, grandson/granddaughter have any allergies or medical conditions we should know about please inform us so we can insure their medical safety during the hockey school. If you have any questions or concerns feel free to speak with one of the hockey school instructors.