



**Coolest  
Game**  
(Ages 7-12)

## Hockey Daycamp Itinerary

**March 17—21, 2025 | 10:00 am - 3:00 pm**  
**CVRD's Sports Centre, Arena 1, 3001 Vanier Drive**

*The CVRD respectfully acknowledges the land on which it operates is on the unceded traditional territory of the K'ómoks First Nation, the traditional keepers of this land.*

|                  |                               |
|------------------|-------------------------------|
| 10:00 - 10:15 am | Drop off at Arena 2 Entrance  |
| 10:15 - 10:45 am | Warm Up & Stretch             |
| 11:00 - 12:30 pm | Hockey Drills & Skills        |
| 12:30 - 1:00 pm  | Lunch                         |
| 1:00 - 1:30 pm   | Dryland Training              |
| 1:30- 2:45 pm    | Endurance & Skill Development |
| 2:45 - 3:00 pm   | Pickup at Arena 2 Entrance    |

### Be sure to bring:

- Participants must supply their own gear including:
  - \* Helmet with a cage or face shield
  - \* Neck guard
  - \* Shin/shoulder/elbow pads
  - \* Jock or Jill
  - \* Hockey pants & socks
  - \* Hockey gloves
  - \* Hockey stick
- Healthy lunch, snack & water
- Sweats & running shoes

### Reminders:

- Do not send your child with money or other valuables.
- You will receive a welcome letter a few days before the start of camp.
- If you have any questions please contact the Sports Program Coordinator, Regan Jamieson at: 250-898-3708.

## Upcoming Programs & Events

|             |                         |
|-------------|-------------------------|
| March 24-28 | CIA Daycamp             |
| March 24-28 | Impact Sports Daycamp   |
| April 11    | Galactic Glow Ice Event |

For more information,  
 call: 250-334-9622 ext. 2 or  
 visit: [www.comoxvalleyrd.ca/rec](http://www.comoxvalleyrd.ca/rec)

