



**C.I.A  
Hockey  
(Ages 8-14)**

## Hockey Daycamp Itinerary

**August 24-28, 2026 | 10:00 am - 3:00 pm**  
**CVRD's Sports Centre, Arena 2, 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 am	Drop off- Arena 2
10:15 - 11:00 am	Warm Up and Dryland Drills
11:00 - 12:30 pm	Ice Time - Drills & Skills
12:30 - 1:00 pm	Lunch
1:00 - 1:30 pm	Coach Talk & Dryland Training
1:45- 2:45 pm	Ice Time - Game
3:00 pm	Pickup- Arena 2

### 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
- Clothing and footwear appropriate for indoor and outdoor physical activity

### Reminders:

- Do not send your child with money or other valuables.
- If you have any questions please contact the Sports Program Coordinator, Regan Jamieson at: 250-898-3708.

## Upcoming Programs & Events

- Aug 31– Sept 4      Coolest Games camp
- Aug 31– Sept 4      H2OX2 camp

For more information,  
 call: 250-334-9622 ext. 0 or  
 visit: [www.comoxvalleyrd.ca/rec](http://www.comoxvalleyrd.ca/rec)

