



Ball Hockey (7-12)

Sports Daycamp Itinerary

July 6-10 — Comox Valley Sports Centre
(3001 Vanier Drive)

- 10:00 am Drop off at the Sports Centre—a camp leader will meet the participants at the door to arena 2 and bring them up to the Mezzanine. Program participants only in the building at this time.
- 10:15 am Skill Development at the Courts
- 11:00 am Field Activities—Dryland Training
- 12:00 am Lunch Break
- 12:30 pm Hockey Game & More Drills
- 2:00 pm Cool Down Activities—Splash Zone
- 3:00 pm Pick up Outside of Arena 2

Upcoming Camps

- July 13-17 Earthbound Kids (7-14)
- July 20-24 River Explorers (7-12)
- July 27-31 Weird & Wacky Outdoor Adventures (7-12)
- Coollest Game on Earth (7-12)

For more information, visit:

comoxvalleyrd.ca/rec

or call **250.334.9622 ext. 2**

Please bring:

- Your stick, gloves and helmet with face guard.
- Healthy lunch, snack & water.
- Active wear & running shoes including weather appropriate clothing and sunscreen.

Reminders:

- Please let the leader know if your child has any allergies or medical conditions or is taking any medications we should be aware of.
- Do not send your child with money or other valuables.
- If the child is walking home alone or anyone is picking up the child other than you please let the leader know.
- Please make sure the front desk has all of your contacts #'s.
- You will receive a welcome letter a few days before the start of camp.
- If you have any questions please contact the Aquatic Centre Coordinator, Tammy Matfin at 250-334-2527 ext. 303.



comoxvalleyrd.ca   