



C.I.A. Academy

Hockey Daycamp Itinerary

Aug 12-16, 2019 (ages 8-14)

Sports Centre, 3001 Vanier Dr.

10:00 AM	Drop Off in the lobby for Arena #2
10:15 AM	Warm Up & Stretch
11:00 AM	Hockey Drills & Skills Arena #2
12:15 PM	Lunch
12:30 PM	Coach Talk & Dryland Training - track
1:00 PM	More Drills & Game Time - Arena #2
2:30 PM	Snack
3:00 PM	Pick Up at the Mezzanine

Upcoming Summer Camps

Aug 19-23	Ice Blades Skating Camp (6-12)
	Junior Lifeguard Camp (6-12)
August 26-30	Coollest Game on Earth (7-12)
	Surf's Up (6-12)

For more information, visit:

comoxvalleyrd.ca/rec

or call **250.334.9622 ext. 2**

Please bring:

- Participants must supply their own gear including a helmet with a cage or face shield, neck guard, shin/shoulder/elbow pads, jock or jill, hockey pants & socks, hockey gloves and a stick.
- Healthy lunch, snack & water/drinks. 1 snack is provided!
- Sweats & running shoes.

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 anyone is picking up the child other than you please let the leader know.
- Please make sure the front desk has all of your contact #'s.
- If you have any questions please contact the Program Coordinator, Regan Jamieson at 250-334-9622 ext. 225.

