



## Coollest Game

# Hockey Daycamp Itinerary

March 23-27, 2020

Sports Centre, 3001 Vanier Dr.

10:00 AM	Drop Off in the lobby of 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 #12)
2:30 PM	Snack
3:00 PM	Pick Up in the lobby of Arena #2

## Upcoming Summer Camps

April 4, 2020

Spring Ice programs begin

For more information, visit:

[comoxvalleyrd.ca/rec](http://comoxvalleyrd.ca/rec)

or call **250.334.9622 ext. 2**

### Please bring:

- Participants must supply their own helmet with a cage or face shield, gloves and a stick. Full gear is recommended, but optional: neck guard, shin/shoulder/elbow pads, jock or jill, hockey pants & socks,.
- 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 contacts #'s.
- If you have any questions please contact the Program Coordinator, Regan Jamieson at 250-334-9622 ext. 225.



[comoxvalleyrd.ca](http://comoxvalleyrd.ca)    