

# DAWSON CREEK



# JUNIOR CANUCKS

# HOCKEY SCHOOL

## August 26 - 30, 2019

### Tumbler Ridge, BC

Registration  
Deadline Aug 23rd

**Ages 6-14 \$375**  
**Goalies (7-14) \$200**  
**Bus\* \$100**



\*transportation to & From Tumbler Ridge daily

*There is accomodation available in Tumbler Ridge (see attached), or book daily transportation via chartered bus*

## Pre-Camp Check-in

**-Dawson Creek: Friday, Aug 23 6-8pm**  
**JT Safety Classrom B**  
**1405 102 Ave, DC**

**-Tumbler Ridge: Sunday, Aug 25 3-5pm**  
**Community Centre**  
**340 Front St, TR**

**ALL PLAYERS MUST CHECK IN AT EITHER LOCATION**

### Program

The camp programs have two on-ice sessions per day, as well as off-ice instruction, conditioning & skill sessions, video sessions, as well as supervised free/game time. Our goal as instructors is to try and improve every aspect of the player's game throughout the week.

### Forwards & Defensemen

The camp program emphasizes improving individual skills for both forward & defense.

- proper skating mechanics, puck handling, checking skills
- puck protection, passing & receiving
- shooting & scoring techniques
- game situations
- team play

### Goalies

The program is designed to develop the full range of goalie skills & introduce the players to different approaches to playing the position

### All Sessions Feature:

- low student/instructor ratio
- Small group instruction
- Lunch program
- Specific goalie instruction
- Programs from Novice-Bantam
- Off-ice dryland training
- Hockey jersey included

## SCHEDULE

*Monday - Thursday*

### Group 1 (age 12-14)

08:15-09:00	Ice
09:15-10:00	Dryland
10:15-11:00	Skills
11:15-noon	Lunch
12:15-13:00	Video
13:15-14:00	Ice
14:15-15:00	Skills
15:15-16:00	Free/Games

### Group 2(age 10-11)

08:15-09:00	Free/Games
09:15-10:00	Ice
10:15-11:00	Dryland
11:15-noon	Skills
12:15-13:00	Lunch
13:15-14:00	Video
14:15-15:00	Ice
15:15-16:00	Skills

### Group 3 (age 6-9)

08:15-09:00	Skills
09:15-10:00	Free/Games
10:15-11:00	Ice
11:15-noon	Dryland
12:15-13:00	Skills
13:15-14:00	Lunch
14:15-15:00	Video
15:15-16:00	Ice

**Goalie Ice: 11:00 - 12:00 daily**

*Goalies will also receive one on one instruction during either am or pm ice time*

**Friday**

### Group 1 (age 12-14)

08:15-09:00	Skills
09:15-10:00	Dryland
10:15-11:00	Ice
11:15-noon	Lunch
12:15-16:00	Ice - Game

### Group 2(age 10-11)

08:15-09:00	Free/Games
09:15-10:00	Ice
10:15-11:00	Dryland
11:15-noon	Lunch
12:15-16:00	Ice - Game

### Group 3 (age 6-9)

08:15-09:00	Ice
09:15-10:00	Free/Games
10:15-11:00	Skills
11:15-noon	Lunch
12:15-16:00	Ice - Game

**DAWSON CREEK**

# **JUNIOR CANUCKS HOCKEY SCHOOL**

## **Camp Staff**

### **Gene Cooper**

- 4 years Head Coach DC jr Canucks
- 6 years Head Coach DC Sr Canucks
- 13 years Coach DC Minor Hockey
- 2016/17 NWJHL Coach of the Year

### **Colby Wagar**

4 years GM/Asst Coach DC jr Canucks

### **Rob Huttema**

8 years jr Canucks board  
 Level 3 First Responder first aid  
 BCSSA Master Referee

### **Lauralee Cooper**

- Dryland Instructor
- CFES Certified Personal Trainer
- CanFit Pro Certified Children's Coach

**Power Skating Coach TBA**

## **FULLY COMPLETE REGISTRATION FORM**

*Please print & fill*

**(ONE REGISTRATION FORM PER SKATER)**

NAME \_\_\_\_\_

BIRTHDATE \_\_\_\_\_

AGE AS OF DEC 31, 2019 \_\_\_\_\_

POSITION left wing right wing centre  
defense goalie

PARENTS \_\_\_\_\_

EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

POSTAL CODE \_\_\_\_\_

PHONE \_\_\_\_\_

Emergency Contact (Name & Phone Number) \_\_\_\_\_

### **Check Session(s)**

- Age 6-14 Female Male \$375.00 \_\_\_\_\_
- Age 7-14 Goalie \$200.00 \_\_\_\_\_
- Bus Transportation  \$100.00 \_\_\_\_\_

(to & from Tumbler Ridge)

**Total** \$ \_\_\_\_\_

**Please make chqs payable to:**

**Dawson Creek Junior Canucks**

**and mail to:**

**P.O. Box 2451**

**Dawson Creek, BC V1G 4T9**

## **Sponsors**

**DAWSON CREEK**



**DAWSON CREEK  
PHYSIO THERAPY**

### **Contact:**

**Rob Huttema 250-719-1689**  
**Colby Wagar 250-219-1414**  
**jrcanuck@pris.ca**



### **AMATEUR ATHLETIC WAIVER & RELEASE OF LIABILITY**

In consideration of being allowed to participate in any way in the Dawson Creek jr Canucks Hockey Camp, the undersigned acknowledges, appreciated & agrees:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death. While particular rules, equipment & personal discipline may reduce this risk, the risk of serious injury does exist, and
2. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my participation, and
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately, and
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless the Dawson Creek Minor Hockey Assn and the Dawson Creek Junior Canucks, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers and, if applicable, owners and leasers of premises used to conduct the event ("Releases" with respect to any and all injury, disability, death, or loss or damage to person or property, whether caused by the negligence of the releasees or otherwise.

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

X \_\_\_\_\_  
Participant's name or signature Date

FOR PARTICIPANTS OF MINORITY AGE (under 18 at time of registration) This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above, and for myself, my heirs, assigns, next of kin, I release and agree to indemnify the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above.

X \_\_\_\_\_  
Parent/Guardian's signature Date



# DISTRICT OF TUMBLER RIDGE



## Accommodations

### Hotels

#### Trend Mountain Hotel & Conference Centre

375 Southgate St **250-242-2000**  
 Double Queen.....\$115.00  
 King Deluxe.....\$125.00  
 Jacuzzi Suite.....\$135.00

*Quote Jr. Canucks Hockey for sports rate*

#### Tumbler Ridge Inn

275 Southgate St **250-242-4277**  
 2 Double .....\$119.50

*Quote Jr. Canucks Hockey for rate*

#### Tumbler Ridge Hotel & Suite

360 Northgate St **250-242-8183**  
 1 Bedroom .....\$100.00  
 2 Bedroom .....\$135.00

*Quote Jr. Canucks Hockey for 10% discount*

### Camping

#### Lions Campground

BC-29 Highway **250-242-1197**  
 \$20/night no hookups  
 Indoor washroom & coin showers available

#### Monkman RV Park

Monkman Way **250-257-7275**  
 \$32/night full hookup (incl. 30 amp power)  
 \$15/night no hookups

*Quote Jr. Canucks Hockey for 20% discount*

Indoor washrooms & coin shower available  
 Fire Pits - \$10 night, \$10/load firewood

#### Golf Course Campground

Golf Course Road **250-242-4656**  
 Power only *Limited space available.*

## Dining Options

### Restaurants

#### Club 55° North **250-242-1987**

Golf Course Road  
 Open 11:00 am – 9:00 pm  
*Appetizers, Western food & Vegan options*

#### Western Steakhouse **250-242-5721**

375 Southgate St  
 Open 4:00 pm – 10:00 pm  
*Appetizers, Steak & Western food*

#### Kinuseo Café **250-242-4625**

275 Southgate St  
 Open 6:00 am – 9:00 pm  
*Pizza, Breakfast & Western food*

#### Dragon Place **250-242-4482**

300 Founders St  
 Open 11:00 am – 9:00 pm  
*Chinese & Western Food*

#### Game On Eatzeria **250-242-1711**

340 Front St (In Community Centre)  
 Open 9:00 am – 9:00 pm

### Coffee & Sandwiches

#### Pinnacle Peak **250-242-3069**

212-200 Front St  
*Breakfast, Lunch & Specialty Coffee*

#### Subway **250-242-3338**

320 Founders St  
 Monday to Friday 7:30 am – 10:00 pm  
 Saturday & Sunday 8:00 am – 10:00 pm

## Community Centre Facilities

**340 Front Street** **250-242-4246**

### Rock Pit Gym

Monday to Friday 8:30 am – 6:45 pm  
 Saturday 9:00 am – 4:45 pm  
 Sunday 12:00 pm – 3:45 pm  
*See Front Desk for drop-in use.*

### Racquetball and Squash Courts

Monday to Friday 8:30 am – 8:30 pm  
 Saturday 9:00 am – 8:30 pm  
 Sunday 12:00 pm – 8:30 pm  
*See Front Desk or Aquatic Centre.*

**Aquatic Centre** **250-242-5255**

Monday to Friday 6:00 am – 1:00 pm  
 5:30 pm – 8:30 pm  
 Saturday & Sunday 12:00 pm – 3:00 pm  
 6:30 pm – 8:30 pm

### Facilities are Free with Jr. Canucks Pass

(Basketball, Tennis & Courts Racquets available at Front Desk)

## Hiking

**Bald Spot Hike..... Free**

11 am, Tuesday 27<sup>th</sup> & Thursday 29<sup>th</sup>  
 Meet at Trail Head.

**Geopark Guided Trail Hikes ..... Free**

Evenings, Tuesday 27<sup>th</sup> & Thursday 29<sup>th</sup>  
*Call 250-3123 to book your spot.*

## Tumbler Ridge Golf Club

**Golf Course Road** **250-242-4656**

Scenic and challenging 9 hole, 36 par course is complete with pro shop, driving range and putting green.  
*Free for players. Family receives 50% off.*

## Peace Region Paleontology Research Centre

### Dino Discovery Gallery

**255 Murray Drive** **250-242-3466**

Open Daily 9:00 am – 5:00 pm  
 Adults ..... \$8.00  
 Youth (10 – 17)..... \$5.00  
 Child (5 – 9)..... \$3.00  
 Under 4.....Free

### Lantern Tours (late evening)

Adults ..... \$12.00  
 Youth..... \$6.00

### Trackway Tours

Adults ..... \$15.00  
 Youth/Child (5-18).. \$8.00  
 Under 4.....Free

*Call early to book tour & ensure spot. Quote Jr. Canucks Hockey for 15% discount.*

## Wild River Adventure Tours

Call for details .....833-830-8848

Boat Tours to Kinuseo Falls and the Murray Canyon, Jeep Tours and Guided Hikes. *See Facebook page for more info.*

