



2025 BC HOCKEY CHAMPIONSHIPS

Host Information Package

Prince George
March 19th to 23rd

Welcome to the 2025 U13 Female BC Championships! Your host for the week is the **U13 PGMHA CAPITALS.**



We welcome your team, players and families to Prince George and look forward to hosting you.

In this Welcome Package, you will find information about the following:

- Our Community
- Championship Contacts
- General Championship Information
- Accommodation
- KIN Centre Arenas
- Restaurants
- Things to do
- Skate Sharpening & Sports Stores
- Transportation
- Medical Information & Emergency Planning

If you have any questions, please contact;

Jennifer Begg (Host Committee Chair)– pgu13capitals@gmail.com or 250-640-1679

Feel free to call or text during the Championships if you have any questions or concerns – good luck to all teams and players!

CONTACT INFORMATION:

BC Hockey – North Regional Centre
Kin Centre – 2187 Ospika Blvd
Prince George, BC
V2N 6Z1
250-596-8373

Prince George Minor Hockey Association
Exhibition Park – 2181 Ospika Blvd South
Prince George, BC
V2N 6Z1
250-563-0303

GENERAL CHAMPIONSHIP INFORMATION:

- Host Association Championship Contact
Jennifer Begg – pgu13capitals@gmail.com or 250-640-1679

- BC Hockey Representative
Theresa Philips- tphilip1@telus.net

- “Welcome” Banquet
 - Details TBA

- Coaches Meeting
 - Will either follow directly after the banquet or just before. Details TBA

- Games will be played in Kin 1 and Kin 2 arenas with finals being all in Kin 1.

COMMUNITY INFORMATION:

We are honoured to be hosting you and gathering on the traditional, ancestral, and unceded lands of the Lheidli T'enneh, in the largest city in Northern British Columbia which is colonially known as Prince George. The name Lheidli T'enneh, translates from the Carrier (Dakelh) language to "the people from the confluence of the river". Prior to being forced onto the current reserve lands, Lheidli T'enneh people lived at the confluence of the Nee Incha Koh (Nechako River) which means "river with strong undercurrents" and the Ltha Koh (Fraser River), the Big Mouth River.

*Lheidli T'enneh hubeh keyoh whuts'odelhti. Nts'ezla hubeh yun ts'uwhut'i,
ts'uzt'en ink'ez ts'unuwhulyeh.*

We respectfully acknowledge the unceded ancestral lands of the Lheidli T'enneh, on whose land we live, work and play (translated from Dakelh above).



View of Nee Incha Koh from Cottonwood Island Nature Park where the two rivers meet.

Prince George is situated where the Nechako River joins the Fraser River near the center of British Columbia. The north-south Highway 97 and the east-west Highway 16 intersect at Prince George. The city is also the junction of the British Columbia and Canadian National Railways. Here you will find the amenities of a larger city along with instant access to picturesque wilderness and outdoor activities, including hiking, mountain biking, snowmobiling, fishing, golfing, and camping.

Variety is the spice of life in this city and Prince George offers any number of theatre or musical performances, and local festivals in addition to sporting events. Learn about the city's history by visiting any one its multiple heritage sites or take in any number of local attractions.

When entering the city, be sure to wave at "Mr. PG" – a whimsical 8.2m/27ft tall statue, who has been welcoming visitors since 1960 and currently stands waving his flag at the junction of Highways 97 and 16.



OUR FIRST NATIONS HISTORY:

<https://www.lheidli.ca/about/our-story/>

The Lheidli T'enneh (historically known as the Fort George Indian Band) is a community that is built on and around the strength of its people. They are a subgroup of the "Dakelh" people whose traditional territory includes the city of Prince George, British Columbia.

Lheidli T'enneh elders, teachers, drummers, and other artists pass on their traditions and teachings to the next generation, keeping their culture alive and strong. The Lheidli T'enneh and their communities are built on the strength, guidance and leadership provided by their elders and on the passion, innovation, and motivation of their youth to move forward in positive ways and change the world.

As a people, the Lheidli T'enneh First Nations aspire to move ahead as an organized, highly motivated, determined, and self-reliant Nation. Consisting of over 400 members, they represent a proud, united peoples whose purpose is to ensure a future that will provide better quality of life while flourishing with their environment. Their tradition and cultural beliefs are the driving force of their success and destiny.



KIN CENTRE ARENAS

2181 Ospika Boulevard South, Prince George, BC, V2N 6Z1

The Kin Centre is a versatile complex complete with three arenas that hosts numerous hockey clubs, figure skating, lacrosse, and inline or ball hockey. This 50,000 square foot complex is ideal for hosting tournaments and is in the heart of Exhibition Park.

Connected to the Kin Centre is the CN Centre, a 6,000-seat arena with full amenities and services and home of the WHL Prince George Cougars. The Kin Centre, along with the CN Centre, represents the only arena in BC with two Olympic-to-NHL-size convertible rinks.

Prince George has a total of six arenas - more than enough to accommodate any number of hockey teams and players or any other arena sports. The Kin Centre is only minutes away from the downtown, shopping centers, accommodations, and other arena facilities.

Facts

- Kin 1 – 98.4' x 197' ice surface (international size) with 1,000 bleacher seats
- Kin 1 is also fully accessible for sledge hockey including see-through rink boards and level players' bench
- Kin 2 - 85' x 200' ice surface with 400 bleacher seats
- Kin 3 - 85' x 200' ice surface with 150 bleacher seats
- Kin Lounge 35' x 142' with Concession and upper viewing area
- Parking for 3,000 vehicles
- Equipped with enough change rooms, washrooms, and official's rooms



TEAMS:

- TBA

SCHEDULE:

- TBA

ACCOMMODATIONS: *both hotels are located right across from each other*

● **Prestige Hotel & Resorts** (BOOK BY MARCH 5TH TO RECEIVE GROUP RATES)

\$159.00 – \$184.00/night group rate

2005 Hwy 97 S

250-614-9111

Book by phone: 250-614-9111

GROUP: Female Under 13 Championships

CODE: 2109



● **Prestige Lodge** (BOOK BY MARCH 5TH TO RECEIVE GROUP RATES)

\$159.00 - \$174.95/night group rate

1790 Hwy 97 S

250-564-7100

Book by phone: 250-564-7100

GROUP: Female Under 13 Championships

CODE: 1064

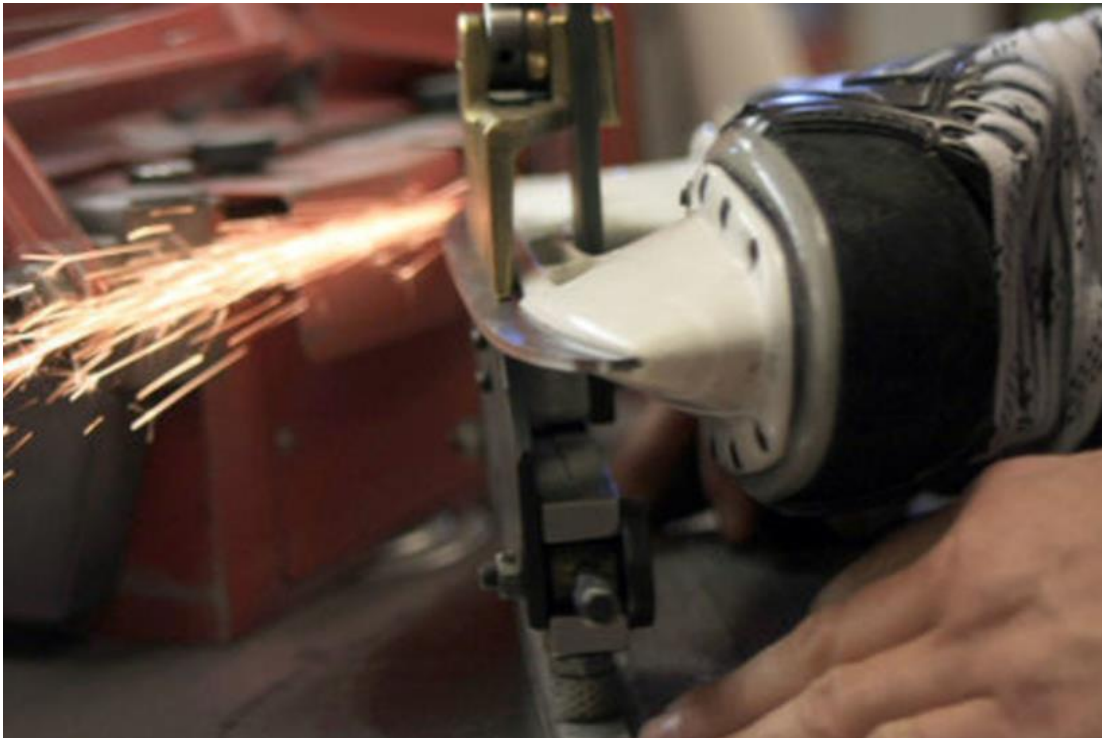


RESTAURANTS:

- **Booster Juice (1)**
3055 Massey Dr
250-563-3681
- **Earls**
1440 Central St E.
250-562-1527
- **Freshslice Pizza**
999 Central St W
250-563-5601
- **Tabor 2for1 Pizza**
100 Tabor Blvd S
250-563-7700
- **Subway (1)**
3371 8th Ave
250-562-8388
- **Subway (2)**
#146 3055 Massey Drive
250-562-8378
- **Subway (3)**
1010 Victoria St
250-564-5628
- **White Spot**
820 Victoria BC
250-563-5550
- **Quizno's**
1391 Central St
250-563-0102
- **Pine Centre Mall Food Court**
(Booster Juice, A&W, EDO Japan, Famous Wok,
NYF, OPA, Subway, KFC/TacoBell, Tim Hortons)
3055 Massey Dr
250-563-3681
- **Daddy O's Pizza and Ribs**
(Take out/Delivery only)
1970 Ospika Blvd South
250-563-2100
- **Booster Juice (2)**
5212 Domano Blvd
250-964-8865
- **Mr. Mikes**
2216 Ferry Ave
250-562-1080
- **Panago Pizza**
3133 Westwood Dr.
250-310-0001
- **Papa John's Pizza**
#103 1023 Central St
250-596-4020
- **Boston Pizza (1)**
250 Central St.
250-564-1221
- **Boston Pizza (2)**
2500 Vance Rd
250-562-1414
- **Moxies**
1804 Central St E.
250-564-4700
- **Montana's**
2730 Rec place Drive
236-601-1110
- **The Keg**
582 George St
250-563-1768
- **The Wall of Fame**
1485 10th Ave
250-561-6528
- **OM Pizza Bar Cafe**
1970 Ospika Blvd South.
250-562-9888
- **Mai Thai**
1238 5th Ave
250-563-7779

SKATE SHARPENING:

- SportChek (Pine Centre Mall)
152 3117 Massey Drive
250-561-3002
- Players Bench
2366 Westwood Drive
250-564-6002
- Sprague Skate Shack (mobile unit parked in Exhibition Park parking lot)
1727 Nicholson St South
778-349-3849
- Precision Edge Sharpening
Call John Ferch – 250-961-4310



SOME THINGS TO DO:

- Movies:
 - Famous Players 6 – 172-1600 15th Ave
- Shopping:
 - Pine Centre Mall – 3055 Massey Dr
- Recreation & Entertainment:
 - Gamescape Multiplayer Gaming
 - 1511 Lyton St, 250-564-5884
 - The Strike Zone Bowling & Cosmic Mini Golf
 - 2366 Westwood Drive, 250-563-2695
 - Prince George Aquatic Centre
 - 1700 George Paul Lane (located close to Exhibition Park), 250-561-7787
 - Outdoor Ice Oval
 - Located behind KIN2 (*no hockey permitted*)
 - UNBC Fitness Center
 - 3333 University Way, 250-960-6366
 - Greenway Trails
 - 3333 University Way
 - BCHL Prince George Spruce Kings (home game Mar 16th)
 - Kopar Memorial Arena, 250-561-7635
 - WHL Prince George Cougars (home games Mar 21st & 22nd)
 - CN Centre, 250-561-0783



TRANSPORTATION:

1. Prince George Taxi – 250-564-4444 (Only accepts Credit Card/Cash)
2. Uride (You can download the Uride app and book the ride)
3. Emerald Taxi Ltd – 250-563-3333 (Only Credit Cards)
4. For Bus – Use the link to know the routes and bus numbers-
<https://www.bctransit.com/prince-george/schedules-and-maps>



EMERGENCY RESPONSE PLAN:

- There will be a contact person (**Kayleen Matte 250-961-0222** or **Dan Matte 250-961-0211**) if you have any injuries to report or if you are looking for additional First Aid Supplies (ice packs, Level 1 First Aid Kit etc.)

Dial **911** in an Emergency

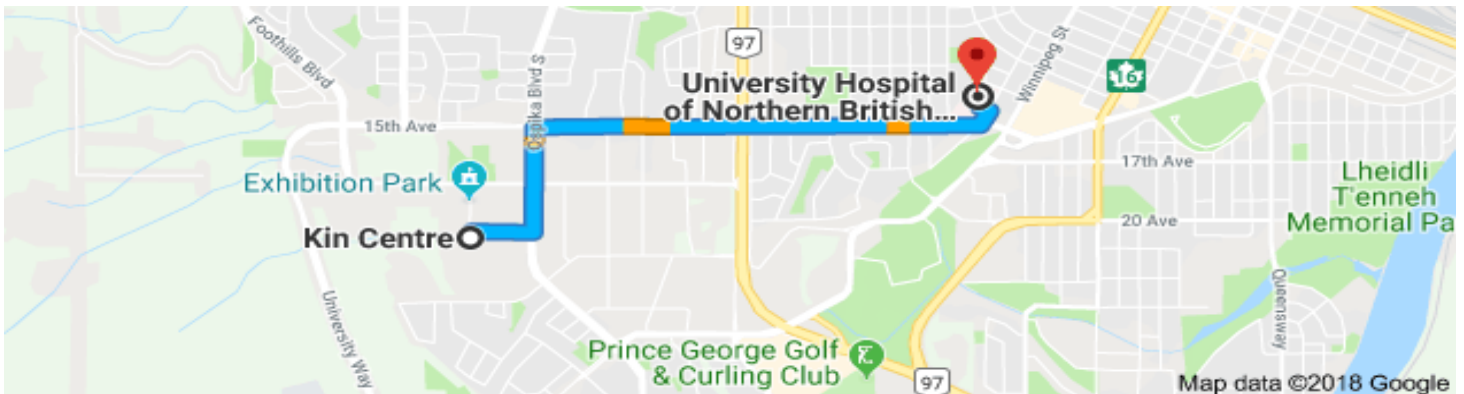
- Directions for PG - KIN Center Arenas to UHNBC:

CN/Kin Center Arenas

2187 Ospika Boulevard South
Prince George, BC
V2N 6Z1
250-561-7777

University Hospital of Northern BC (UHNBC)

1475 Edmonton Street
Prince George, BC
V2N 6Z1
250-565-2000



- Walk-In Clinics

Urgent & Primary Care Centre

1600 15th Ave #143
250-645-6900

Salveo Walk-In Clinic (Real Canadian Superstore)

2155 Ferry Ave
250-614-0007