



CONGRATULATIONS on qualifying for U18F BC Hockey Championships

Required Information:

1. Official Team Picture: Highest resolution, jpeg or pdf preferred, will be required for use in the program and the other print material. Please include the names of everyone in order they appear in the team photo.
2. Association or Team Logo: Please send a PDF or jpeg of your association or team logo. As well as your primary Jersey colors
3. Contact information: Please provide the team Head Coach and Managers' names, contact numbers, emails and addresses
4. Sponsor Acknowledgements: All teams will be allowed to acknowledge their team sponsor on their team page in the Championship Program.
5. Each team is requested to submit a raffle basket of up to \$250 in value on registration day or day 1 of the tournament.

Email all required information to Championship Coordinator – Mike Rispin – at mdrispin@gmail.com



U18 Female
BC Hockey Championships
March 23-March 26, 2023



March 23-26, 2023

Hosted By:



Lead, Develop and Promote Positive Lifelong Hockey Experiences



Table of Contents

	Page
Table of Contents	2
Contact Information	3
General Championship Information	4
Schedule	5
Open Ceremonies and Banquet Information	6
Coach's Meeting Information/Apparel	6
Arena Location	7
Accommodations	8
Williams Lake Information	9
Williams Lake Information	10
Williams Lake Things to Do	11
Sports Stores/Restaurants/Pizza/Fitness Centres	12
Medical Facilities	13
Williams Lake Map	14



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Contact Information

Host Association

Williams Lake Minor Hockey Association

PO Box 4136, 525 Proctor Street,
Williams Lake, BC V2G-2V2
PHONE: 250-392-2211
FAX: 250-392-2261
EMAIL: wlmha@telus.net

Organization/Planning

Mike Rispin

Championships Chair, Host Committee
250-267-3667 or mdrispin@gmail.com

Dustie Coombes

President, Williams Lake Minor Hockey

Jeremy Forster

Rep Coordinator, Williams Lake Minor Hockey

Joanne Davies

Ice Scheduler, Williams Lake Minor Hockey Association

Keegan Goodrich

Senior Manager, Leagues and Events, BC Hockey
kgoodrich@bchockey.net



General Championship Information

Date of Championships

- Wednesday March 22nd, 2023 (Travel, Registration, & Banquet)
- Thursday, March 23rd to Sunday March 26th, 2023

Registration

- Noon-4:00 pm at the Cariboo Memorial Complex Saturday March 22nd, 2023

Opening Ceremonies

- Opening Ceremonies – 6:45pm Thursday, March 23rd, 2023 Cariboo Memorial Complex – Rink #1

Banquet Information

- 5:30pm Wednesday March 22nd, 2023 Cariboo Memorial Complex – Gibraltar Room
- The banquet will be free of charge, limited only to players and team staff.
- Buffet (Special Meal Requirements contact Mike Rispin mdrispin@gmail.com)
- Guest Speaker – TBA

Coaches Meeting

- 7:30pm Wednesday March 22nd, 2023 Cariboo Memorial Complex – Meeting Room

Closing Ceremonies

- Closing Ceremonies will be following the 7:00pm Championship Game on Thursday March 26th (subject to playoff schedule format)



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Schedule

Cariboo Memorial Arena – Rink #1

Division A	Division B
1. OMAHA – Central	1.Surrey Falcons
2. Vancouver Angels	2.North East Predators
3. Prince George Capitals	3. Williams Lake Timberwolves
4. North West Pitbulls	4. Trail Wildcats
	5. Victoria Reign

Wednesday March 22nd

12:00-4:00	Registration at arena
5:30-7:30	Banquet
7:30-8:30	Coaches Meeting

Day 1:

8:00 A3 vs A3
10:45 B1 vs B3
1:30 A2 vs A4
4:15 B2 vs B4
7:00 Opening Ceremonies
7:30 B3 vs B5

Day 2:

8:00 B2 vs B1
10:45 A3 vs A2
1:30 B4 vs B5
4:15 A4 vs A1
7:00 B3 vs B2

Day 3:

7:00 B1 vs B4
9:30 B5 vs B2
12:00 A1 vs A2
2:30 A3 vs A4
5:00 B5 vs B1
7:30 B4 vs B3

Day 4:

8:00 1st Div. A vs 2nd Div. B - Semi 1
11:00 1st Div. B vs 2nd Div. A – Semi 2

5:00 – Bronze Medal Game
L – Semi 1 vs L – Semi 2

8:00 – Gold Medal Game
W – Semi 1 vs W – Semi 2

In round robin Games the Home team is shown first
In the event that Div. A Round Robin Winner meets Div. B Round Robin Winner in Gold Medal Game.
Home team will be determined by a coin toss.

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Open Ceremonies and Banquet Information

The Banquet will be held at the Cariboo Memorial Complex on Wednesday March 22nd at 5:30 pm in the Gibraltar Room. Banquet attendance is mandatory for teams and team staff. Cost of the banquet is FREE and is open to players, officials and coaches only. Please contact the Host Committee at mdrispin@gmail.com for any Special Dietary Meal Requests.

The Opening Ceremonies will be held at the Cariboo Memorial Complex on Thursday March 23rd and will include all teams. The Opening Ceremonies will begin at 6:45pm in Rink #1. Please ensure the teams are all present and ready to proceed by 6:15PM.

Coach's Meeting Information

Date: Wednesday March 22nd

Location: Cariboo Memorial Arena meeting room

Time: 7:30-8:30pm

Agenda

Discuss Tournament Format and Receive Info:

- Packages
- Review Rules and Regulations
- Review of safety protocols and EAP.
- Collection of Team Registration if this has not been handed in already
- Question Period

All coaches, team managers and team safety personnel are required to attend this session with the Referee In Chief, BC Hockey and WLMHA executive, and tournament coordinators.

Apparel

Apparel must be pre-ordered and paid prior to the Championships. Please use the following link to order merchandise for the 2023 BC Championship

<https://2023-bc-hockey-championships-u18-female.itemorder.com/>

Arena Location

Cariboo Memorial Complex

525 Proctor St., Williams Lake, BC
250-398-7665

[View Map on RinkDB.com »](#)



Transportation

Adventure Charter Bus service, Central Mountain Air, and Pacific Coastal Airlines are available in Williams Lake. Williams Lake also has a taxi service and BC Transit. For more information contact the Williams Lake Visitor Centre at 250-392-5025 or email visitors@wlchamber.ca



Accommodations

Williams Lake offers hotels and motels all within 6 kilometres of the Cariboo Memorial Complex

Please see below for all hotels:

<p>Coast Hotel</p> <p>285 Donald Road Williams Lake, BC V2G 4K4 Phone: 250-398-7055</p>	<p>Ramada</p> <p>1118 Lakeview Crescent Williams Lake, BC V2G 1A3 Toll Free: 1-800-663-6898</p>
<p>Best Western</p> <p>1850 South Broadway Avenue Williams Lake, BC V2G 5G8 Phone: 778-412-9000</p>	<p>Sandman Hotel</p> <p>664 Oliver Street Williams Lake, BC V2G 1M6 Phone: 250-392-6557</p>
<p>Super 8 Motel</p> <p>1712 South Broadway Avenue Williams Lake, BC V2G 2W4 Phone: 250-398-8884</p>	<p>Drummond Lodge</p> <p>1405 South Highway 97 Williams Lake, BC V2G 2W3 Phone: 250-392-5334</p>
<p>Lakeside Motel</p> <p>1505 South Highway 97 Williams Lake, BC V2G Phone: 250-392-4181</p>	<p>Valleyview Motel</p> <p>1523 South Highway 97 Williams Lake, BC V2G 2W3 Phone: 250-392-4655</p>



Welcome to Williams Lake, British Columbia

The City of Williams Lake serves as the main hub for the vast Cariboo Chilcotin Coast region of BC, stretching from Bella Coola in the west to the rural communities of likely and Horsefly to the east. It is a land of unparalleled beauty, where the geography ranges from dense forests and pristine mountain lakes to arid cactus-covered vistas, rugged canyons and open plains. The area is a major attraction for outdoor enthusiasts, offering a wealth of opportunities for mountain biking, ATVing, snowmobiling, kayaking, fishing, hunting, skiing (both downhill and cross-country), camping, and hiking. As a destination, the Cariboo Chilcotin Coast offers a wide range of year-round activities for the entire family. Not only is the region diverse in landscape and wildlife, it is rich in culture and history which are sure to keep your interest and provide a memorable experience.

The History of Williams Lake

On March 15th 1929 Williams Lake became incorporated. Williams Lake is named in honour of Shuswap (Secwepemc) chief William, whose counsel prevented the Shuswap from joining the Chilcotin in their uprising against the settler population.

During the Cariboo Gold Rush in 1860, Gold Commissioner Philip Henry Nind and Chief Constable William Pinchbeck were sent from Victoria to organize a local government and maintain law and order. At the time, two pack trails led to the goldfields, one from the Douglas Road and another trail through the Fraser Canyon. Both met at Williams Lake, which made it a good choice for settlers and merchants. By 1861, Commissioner Nind had built a government house and had requested the funds to build a jail. With the center of local government being at Williams Lake, the miners and businessmen all had to travel there to conduct their business and soon the town had a post office, a courthouse, a roadhouse and the jail that Nind had requested. William Pinchbeck had been busy with building his own roadhouse, saloon and store. Eventually he owned most of the valley.

In 1863, the town received news of the construction of the Cariboo Road which made them excited believing it would pass through their already established and important trading center. However, the road builder Gustavus Blin Wright rerouted the original trail so that it bypassed Williams Lake and went through 150 Mile House instead.

The Williams Lake by-pass doomed the city and accusations flew that Gustavus Blin Wright had changed the route for his own personal benefit as he owned a roadhouse at Deep Creek along the new route. Regardless of Wright's motives, Williams Lake was forgotten and wouldn't be reborn until nearly half a century later with the construction of the Pacific Great Eastern Railway, later BC Rail and now CN Rail.



Williams Lake – Mural Capital of the Cariboo Chilcotin

Williams Lake's official designation as Mural Capital of the Cariboo Chilcotin was solidified in 2016 with the unveiling of the new sign at the intersection of Highways 97 and 20 has been well received by locals and tourists alike. Williams Lake now boasts 17 murals with more to come depicting our local history. Murals can be found all around the Lakecity, both in prominent locations and in intimate back alleys. Mural artist Dwayne Davis has been at the helm creating the murals which tell the story of the community in the past, present, and future. A brochure of the mural locations can be picked up at the Williams Lake Visitor Centre.

Williams Lake – Wrestling Day January 2nd

A Day to Call our Own, How `Wrestling Day` became to be.

This Day was derived from the creative minds of 2 early merchants named Alistair MacKenzie & Sid Western. On a cold January 2nd, both men sat against their frosty shop windows & watched the snowflakes whiten the countryside without a single soul in sight. They both agreed that this day must be made a unique one whereby no man & women should work, but should be in the warm embrace of their loved ones. The community made a `gentlemen`s agreement` to which everyone honoured the notion that Wrestling Day was a holiday to be spent in leisure. As Boxing Day follows Christmas Day, the day to follow New Year`s Day seemed fit to be named `Wrestling Day` This day actually became enshrined in a by-law in 1959. One Mayor in the 1970`s attempted to end this holiday, but the community prevented him. The hard-working men & women who worked their hands to the bone to reach even a minimal prosperity deserved another day of relaxation.

Williams Lake Stampede – July long weekend

The first organized Williams Lake Stampede was held in 1920, and people came from all over the Cariboo to take part, in some form or another. They came to camp and compete, to visit, dance, gamble, and part, not necessarily in that order. It was a major social occasion for the entire Cariboo region. In early times the Stampede was held at the beginning of June. Over the years the dates were changed to the last weekend in June. Things have changed quite a bit, but the Williams Lake Stampede is still a time for fun, family, and great rodeo action. It's about tradition and having a good time. This year will mark the 92nd Annual Stampede and will be held on June 29th, June 30th and July 1st and 2nd. Come on back to Williams Lake and enjoy the party.

Things to do



Tourism Discovery Centre

Williams Lake's extraordinary Tourism Discovery Centre is a one-of-a-kind facility. The 14,000 square foot log and timber building stands prominently at the south entrance to the city inviting visitors to stop in and find out what our city and area has to offer. The structural design itself often leaves visitors in awe of the talent our local log home builders and construction companies possess. Housed within the Tourism Discovery Centre is the Museum of the Cariboo Chilcotin, a gift shop, and coffee shop.

Stop by and pick up some information on Williams Lake and the area. Open Monday to Friday, 9:00am-5:00p. For complete listings of things to do and directories visit www.tourismwilliamslake.ca

Cariboo Memorial Complex swimming pool

The newly renovated swimming pool is now open and ready for you to enjoy. Take a leisure float down the river or enjoy swimming in one of the lanes. The hot tub is ready for you to relax. Come on down and see what we have to offer. Open Monday to Thursday 6:00am to 8:30pm, Friday 6:00am to 9:00pm, Saturday 9:00am to 7:00pm, and Sunday 9:00am to 5:00pm.



Scout Island Nature Centre

Scout Island Nature Centre is a tranquil oasis of nature in the heart of Williams Lake. There are many trails that you can explore. The Nature Centre is directly on the migration path of hundreds of bird species. Many of them often rest and feed in the lush marsh before continuing their journey, making Scout Island a birder's paradise in spring and fall.



Fox Mountain Trails

Williams Lake and the surrounding area are full of great hiking trails, many within proximity of the city. Fox Mountain has great accessible trails located on Mason Road and Ross Road off of Fox Mountain Road. For maps, directions on how to get there you can inquire through the Williams Lake Visitor Centre at 250-392-5025.

Station House Gallery

The Station House Gallery and Gift Shop, the lake city's public art gallery offers a taste of local history along with contemporary art. The gallery hosts month exhibitions featuring a variety of contemporary works in many mediums by local, regional, and touring artists. Most often there are two shows, one in the Main Gallery and one in the Upper Gallery.



Paradise Cinemas

Enjoy a movie in one of our four movie theatres. The theatre is located at 78 South 3rd Avenue. Movies during the week are at 7pm or 9pm and they have matinees on the weekends. Check out their website www.paradisecinemas.com for what is playing.

Additional Information and Things To Do

www.tourismwilliamslake.ca or www.williamslake.ca

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Sports Stores

Caribou Ski Source for Sports

Address: 19 1st Avenue
Phone: 250-392-5923

Sport Chek

Address: #710-1185 Prosperity Way
Phone: 250-392-4600

The Hockey Shop

Address: 525 Proctor Street
Phone: 250-267-5285

Total Ice Training Centre

Address: 4535 Cattle Drive
Phone: 250-392-1819



Restaurants

A&W Restaurant
1059 Highway 97 South
250-392-2880

Arena Concession
525 Proctor Street

CJ's Southwestern Grill
36-3rd Avenue
250-392-4225

Lakeview Tandoori Bistro
1118 Lakeview Cres
778-412-9399

DQ Grill & Chill
1218 South Broadway
250-392-1151

Denny's Restaurant
664 Oliver Street
250-398-5343

Laughing Loon
1730A South Broadway
778-412-6655

McDonald's
1324 South Broadway
250-392-4919

Mr. Mikes Steakhouse
299 Oliver Street
778-412-9800

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Restaurants cont'd

Sir Bob's Fish & Chips
3015B Mackenzie Avenue
250-398-6633

Subway
1196 South Broadway
250-398-7800

Tim Horton's
1059 Highway 97/715 Oliver St
250-392-3818

Oliver St Bar & Grill
23 Oliver Street
250-392-5942

Uptown Deli & Bakery
635 Oliver Street
778-412-2979

The Point Restaurant
1640 S. Broadway
250-398-5554 ext. 206

Pizza Places

Boston Pizza
285B Donald Road
250-398-7600

Panago Pizza
439 North 10th Ave.
866-310-0001

Domino's Pizza
104 2nd Avenue
250-392-3344

Pizza Hut
124-850 Oliver Street
250-398-0303

Red Tomato Pies
360 Proctor Street
250-305-5555

Fitness Centres

Cariboo Memorial Complex
525 Proctor Street

Concrete Fitness
101-312 Broadway Ave

Fit City
181 South 2nd

Studio 20 Fitness
20 Broadway Ave North

Total Ice Training
4535 Cattle Drive



Medical Facilities

Hospital

CARIBOO MEMORIAL HOSPITAL

517 North 6th Avenue

Williams Lake, BC V2G 2G8

Phone: 250-392-4411

Emergency Services operates 24 hours/day; 7 days/week



Williams Lake Map

Paper copies of Maps available at the Williams Lake Visitor Centre.
1660 South Broadway Ave. Open Monday to Friday 9:00am-5:00pm

[Home – Tourism Williams Lake](#)

Online Interactive Map of [Williams Lake - Google Maps](#)

