



Welcome to the
2022-2023 Female U13 BC Championships
March 22-26, 2023

Your host for the week is the U13 Cranbrook Female Bucks.

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

If you have any questions, please contact:

Amy Cross

Provincial Host Committee Chair

amyconnochie@hotmail.com

250-581-2111

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

Cranbrook Minor Hockey Association respectfully acknowledges the homelands of the Ktunaxa Nation in the Kootenay-Columbia region of southeastern British Columbia. The City of Cranbrook is also the home of the Métis Nation of BC Charter Community, Rocky Mountain Métis Association.

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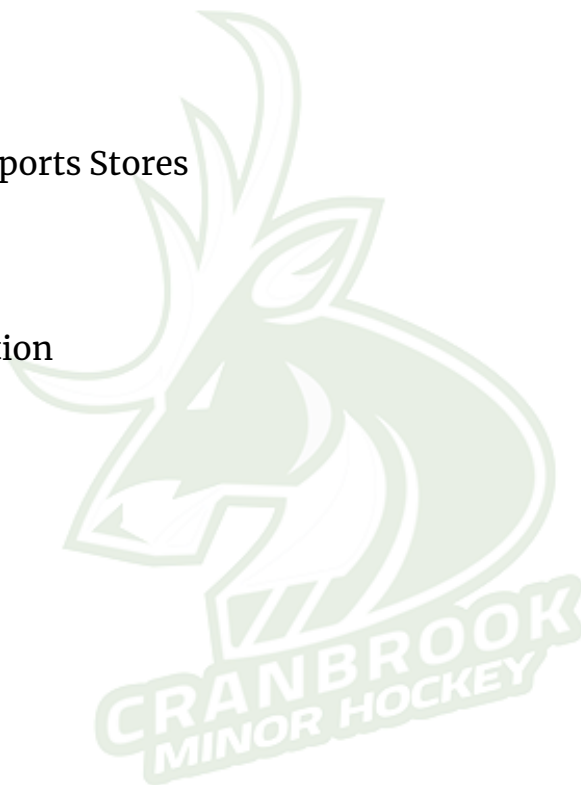
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Contact Information

Amy Cross
Provincial Host Committee Chair
250-581-2111
amyconnochie@hotmail.com

Erin La Londe
Cranbrook Female Bucks
U13 Team Manager
250-430-2532
erinla@telus.net

BC Hockey Representative
Leann Smith
ekmha@shaw.ca

Cranbrook Minor Hockey Association
Lyndsay Osterlund
cranbrookminorhockey@gmail.com



Required Information:

Once your team has earned their spot in the Championships, we will require the following information

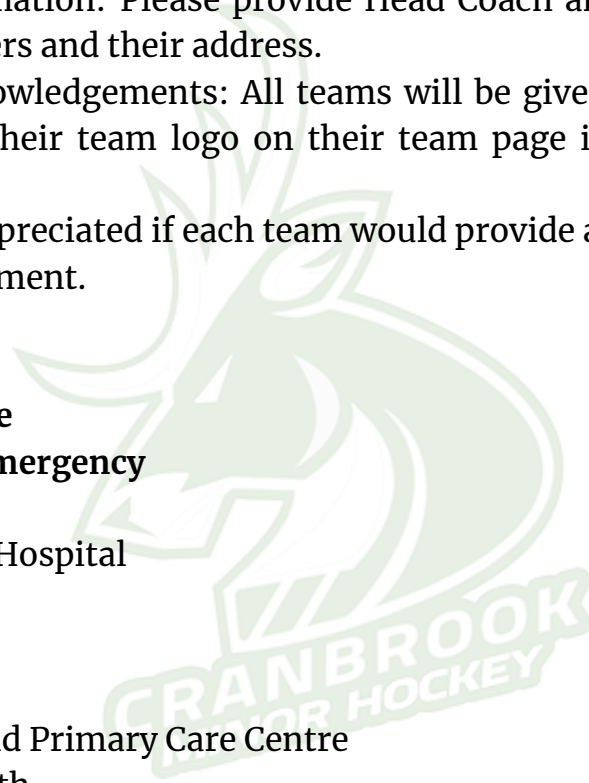
1. Official Team Picture: Highest resolution jpeg will be required for use in the program and the other print material. Please include names of everyone in order as they appear in the team photo.
2. Association Logo: Please send an EPS or illustrator image of your association logo and your home jersey colors.
3. Contact information: Please provide Head Coach and Managers names, contact numbers and their address.
4. Sponsor Acknowledgements: All teams will be given the opportunity to acknowledge their team logo on their team page in the Championship program.
5. It is greatly appreciated if each team would provide a raffle basket on day 1 of the tournament.

Emergency Response

Dial **911** In Case of Emergency

Cranbrook Regional Hospital
13 - 21 Avenue North
250-426-5281

Cranbrook Urgent and Primary Care Centre
1311 - 2nd Street North
250-420-2323



Travel Day

March 22nd is the travel day, teams should arrive in time to be at the banquet for 6 PM.

Welcome Banquet

Cranbrook Minor Hockey Association, invites all players, team officials and on ice officials to the opening banquet as our guests. We would like to request that all players and coaches have their game day dress code for the banquet.

March 22, 6 PM

Columbo Lodge

2530 8th Ave A, Cranbrook BC

Please advise of any dietary restrictions ASAP upon securing your place in the Championship.

****Additional tickets can be purchased for \$30, please email Krista at kscavohockey@gmail.com to purchase your ticket.**

Coaches Meeting

There will be a MANDATORY meeting for all coaches and managers. This meeting will be held immediately after the banquet.

March 22, 8:30 PM

Columbo Lodge

2530 8th Ave A, Cranbrook BC

Opening Ceremonies

Opening Ceremonies will take place on March 23rd at Cranbrook Memorial Arena starting at 6:15 PM. Full details will be provided closer to the date. **TEAM ATTENDANCE WILL BE MANDATORY** for all teams. Teams playing immediately before and after will be in full gear. Other teams in Game Day Dress Code with Home Jersey and shoes appropriate for walking on the ice.

18th Player

A younger Cranbrook player will be assigned to each team to join in on all events over the championship and cheer on your team. We ask that all teams bring an extra jersey (smaller if possible) that can be worn by the assigned player during the Opening Ceremony.

Schedule: (please note, this may change)

Time	Event		Location
Wednesday March 22, 2023			
6:00 PM	Banquet		Columbo Lodge
8:30 PM	Coaches Meeting		Columbo Lodge
Thursday March 23, 2023			
10:00 AM	Game 1	A1 vs. A4	Cranbrook Memorial Arena
12:45 PM	Game 2	B1 vs. B4	
3:30 PM	Game 3	A2 vs. A3	
6:15 PM	Opening Ceremonies		
6:45 PM	Game 4	B2 vs. B3	
Friday March 24, 2023			
10:00 AM	Game 5	A3 vs. A1	Cranbrook Memorial Arena
12:45 PM	Game 6	B3 vs. B1	
3:30 PM	Game 7	A4 vs. A2	
6:15 PM	Game 8	B4 vs. B2	
Saturday March 25, 2023			
10:00 AM	Game 9	A3 vs. A4	Cranbrook Memorial Arena
12:45 PM	Game 10	B3 vs. B4	
3:30 PM	Game 11	A1 vs. A2	
6:15 PM	Game 12	B1 vs. B2	
Sunday March 26, 2023			
8:00 AM	Game 13	1st Div A vs. 2nd Div B	Cranbrook Memorial Arena
11:00 PM	Game 14	1st Div B vs. 2nd Div A	
5:00 PM	Game 15	Bronze Medal Game	
8:00 PM	Game 16	Gold Medal Game	

Arena:
Cranbrook Memorial Arena
 1432 2 St N, Cranbrook, BC



Apparel:

Orders placed by March 8th will be shipped directly to the event for distribution. Orders placed after March 8th will be shipped directly to the address of your choosing once the Provincial Championship has ended.

Here is the link to the apparel store:

<https://2023-bc-hockey-championship-u13-female.itemorder.com/shop/home/>

Accommodations

Prestige Rocky Mountain Resort

\$139.95

Booking Code CMHA2022

209 Van Horne Street South

250-417-0444



Best Western

\$139.99

Booking Reference CMHA2022

1019 Cranbrook Street North

250-417-4002



St. Eugene Golf Resort & Casino

\$125.00

Online Promo Code CRBKMH

7777 Mission Road

1-866-292-2020



Skate Sharpening and Sporting Goods

Cranbrook Skate Sharpening
301 - 10 Street South
250-464-9766

Gerick Sports
320 Cranbrook Street North
250-426-6171

Players Bench
1716 Cranbrook Street North
250-489-5969

Sport Chek
2100 K Willowbrook Drive
250-426-5090

Restaurants

Blind Pig 21 Cranbrook Street North 778-517-5599	Family Thai Restaurant 414 Cranbrook Street North 778-517-5711
Cancun Mexican International Restaurant 303 Cranbrook Street North 250-426-7525	East Side Marios 1201 Cranbrook Street North 250-489-2822
Ella's 1019 Cranbrook Street North 778-517-5297	Heid Out & Fisher Peak Brewing Company 821 Baker Street 250-426-7922
Fenwick and Baker Public House 1017 Baker Street 250-420-4971	Boston Pizza 510-1500 Cranbrook Street N 250-426-4242
Sakura Sushi & Grill 1015 Baker Street 250-426-0098	Fire & Oak Prestige Rocky Mtn Resort 209 Van Horne Street South 778-520-2224

ABC Family Restaurant 1601 Cranbrook Street North 250-426-4111	Mr. Mikes 1028 Cranbrook Street North 250-417-2542
Firehall Kitchen & Tap 37 - 11 Avenue South 778-520-0911	Lucky Star Restaurant LTD 17 - 12 Avenue South 250-426-7569
Allegra 1225 B Cranbrook Street North 250-426-8812	Spice Hut Indian Cuisine Baker Street Professional Centre 1311 - 2 Street North 250-489-5556

Transportation

Cranbrook Transit Information

See schedule and map:

<https://www.bctransit.com/cranbrook/schedules-and-maps>

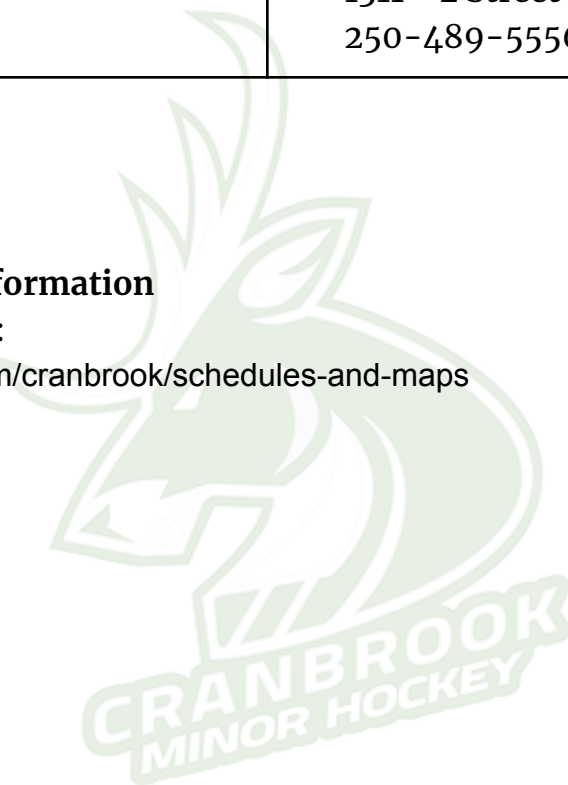
Taxi Service

Key City Cabs Ltd.

250-426-1111

Star Taxi

250-426-5511



Some Things To Do

Cranbrook Bucks Game vs Prince George Spruce Kings

Jr A - British Columbia Hockey League

March 24 and March 25

7:00 PM

Western Financial Place

1777 - 2 Street North

250-426-8889



TICKET PRICES	
WALK UP PRICES	
Adult	\$16
Senior (65+)	\$14
Student (Valid Student ID)	\$9
14 and Under	Free



Western
FINANCIAL GROUP
Canada's Insurance Broker

**Note: Children 14 and under are free when accompanied by an adult
Restaurant open 2 hours ahead of the game on game nights**

Landmark Cinemas Cranbrook

Tamarack Centre

1500 Cranbrook Street North

250-417-3288

Shopping

Tamarack Shopping Centre

1500 Cranbrook Street North

Cranbrook History Centre

57 Van Horne Street South

250-489-3918

Idlewild Park and Disc Golf Course

3379 - 9 Street SouthNorth

Cranbrook Aquatic Centre

Western Financial Place

Unit 3 1777 - 2 Street

250-426-5050

250-489-0220

Cranbrook British Columbia Basecamp to the Kootenay Rockies Experience

<https://cranbrooktourism.com>

As the basecamp of the Kootenay Rockies, Cranbrook has it all - From all the trails one can dream of to multiple award-winning golf courses all within a 20 minutes drive from town, Cranbrook is an adventure and outdoor enthusiast's paradise.

#ExploreCranbrook. Lose and find yourself here.

City of Cranbrook - Homepage

[City of Cranbrook - Homepage](#)

Cranbrook Community Forest

[Cranbrook Community Forest - Over 100KM of Trails to Explore](#)

Marysville Falls

[Marysville Falls | Map, Guide - British Columbia, Canada | AllTrails](#)

Kimberley Alpine Resort

[Kimberley Alpine Resort \(skikimberley.com\)](#)

Encore Brewing, Bowling & Games

[Encore Brewing](#) (hopefully open by provincials)

Community Information



Ktunaxa Nation

<https://www.ktunaxa.org/who-we-are/>

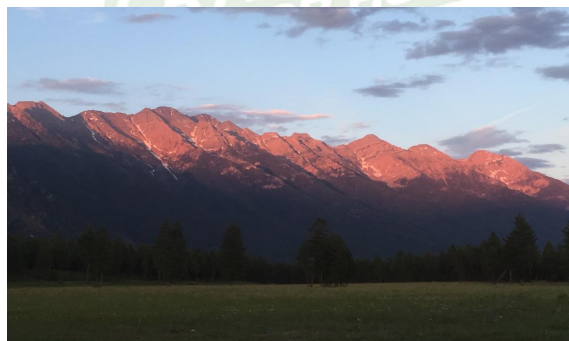
Ktunaxa (pronounced 'k-too-nah-ha') people have occupied the lands adjacent to the Kootenay and Columbia Rivers and the Arrow Lakes of British Columbia, Canada for more than 10,000 years.

The Traditional Territory of the Ktunaxa Nation covers approximately 70,000 square kilometres (27,000 square miles) within the Kootenay region of south-eastern British Columbia and historically included parts of Alberta, Montana, Washington and Idaho.

For thousands of years the Ktunaxa people enjoyed the natural bounty of the land, seasonally migrating throughout our Traditional Territory to follow vegetation and hunting cycles. We obtained all our food, medicine and material for shelter and clothing from nature – hunting, fishing and gathering throughout our Territory, across the Rocky Mountains and on the Great Plains of both Canada and the United States.

European settlement in the late 1800s, followed by the establishment of Indian Reserves, led to the creation of the present Indian Bands.

Ktunaxa citizenship consists of Nation members from six Bands located throughout historic traditional Ktunaxa territory. Five Bands are located in British Columbia, Canada and two are in the United States. Many Ktunaxa citizens also live in urban and rural areas “off reserve”.



ᐱᓄᓄᓄ <https://www.aqam.net/about>

ᐱᓄᓄᓄ is a member community of the *Ktunaxa Nation*. As a community, we share many values – recognizing the importance of family, unity and co-operation, effective communication, love and kindness, respect, safety and security, inclusion, education and learning, healthy and balanced living – and take pride in our heritage, language and culture. We value natural law and practice stewardship of the land, water, animals, and plants.

The vision of our *Ktunaxa* ancestors continues to guide us through traditions, customs, language, and beliefs. We strive to govern effectively and maximize our lands and resources for the benefit of all living things and future generations, in accordance with our values and principles. We recognize *Ktunaxa* rights and title.

Our Band Council consists of a Chief and four Councillors, all elected through the Band's own election process. ᐱᓄᓄᓄ members are employed in a variety of fields, including local government, hospitality, construction, transportation, tourism, forestry, and entrepreneurial pursuits.

The ᐱᓄᓄᓄ administration operates a diverse range of programs and services, including the ᐱᓄᓄᓄᓄ Elementary school, ᐱᓄᓄᓄᓄ Daycare, ᐱᓄᓄᓄᓄ After School and Summer Programs, Community Education Services, Community Health, Economic Development, Lands/Natural Resources and Housing and Administrative services. These functions are operated centrally at the Band's Administration Building.



The ᐱᓄᓄᓄ Community has the largest population of all *Ktunaxa Nation* Bands and the largest land base, occupying 18,420 acres or 7,461 hectares in total.

ᐱᓄᓄᓄ members work together to foster a vibrant, healthy community in which everyone has a role to play.

Métis Nation BC Charter Community, Rocky Mountain Métis Association

<https://www.cranbrookmetis.com/info.html>

The Rocky Mountain Métis Association is the local Métis chartered association Cranbrook, Kimberley and Creston. The RMMA represents the Métis people, culture, traditions, and cultural belongings.

The Métis Nation emerged from within the Métis Nation Homeland during the seventeenth century as a result of the French and English fur trade. At that time, Canada did not exist as a country and the provincial governments we know today in western Canada would not exist for another 200 years. Marriages between European fur traders and First Nation women produced children of mixed ancestry, who eventually became known as Métis, Half-Breeds, or Country Born people. Establishing relationships with Aboriginal women gave fur traders valuable contacts with tribal communities, and tribal communities regular access to trade goods. The women were also able to teach the traders local languages, show them how to survive on the land and tend to domestic affairs such as preparing food, constructing shelters, and making clothing. Daughters born from these unions usually carried on traditional roles taught by their mothers. Sons grew up to enter the fur trade, become hunters, trappers, or canoemen. Those with schooling were able to become clerks or interpreters at the trading posts. The development of a unique Métis culture began to unfold.

CRANBROOK
HOCKEY



City of Cranbrook
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<https://cranbrook.ca/our-city/>

Cranbrook is a thriving community with a proud history and an exciting future. Nestled in a broad open valley located between the Rocky Mountains to the east and the older Purcell Mountains to the west, Cranbrook is surrounded by world class scenery, recreation and wildlife. Mild winters and warm sunny summers characterize our beautiful mountain environment.

The 18th largest city in BC with a population of 20,047 people, our community is home to the Canadian Rockies International Airport, the East Kootenay Regional Hospital, the College of the Rockies, the 600 seat Key City Theatre, the Western Financial Place recreational complex and a spectacular and growing summer Farmer's Market.

Located on Highway 3, BC's southern Trans-Canada highway and on the Canadian Pacific Railway line, Cranbrook is the hub for business and for retail shopping for the East Kootenay region, boasting a total population of 56,702.

The City and many of its residents, businesses and organizations have received many accolades for their accomplishments and successes over the years. Please visit our 'Celebrating Cranbrook's section to find out more.

We would love to have you come for a visit and then do as many of us have done – stay for a lifetime.

