



"Lead, Develop and Promote Positive Lifelong
Hockey Experiences"

U18 Female Representative Championship March 21-24, 2024

Hosted By:
North Okanagan Minor Hockey
Armstrong & Enderby, British Columbia





BC Hockey U18 Female Championships
March 20-24, 2024



The following information is requested from each team accepted into the Championships as soon as possible. This will help with our planning and preparation for the event. Thank you for your prompt assistance.

Required Information:

Contact information:

- Email address for head coach and team manager
- Cell phone number for head coach and team manager

Official Team Picture: high resolution, jpeg or pdf preferred.

- Will be used in program.
- Please list all players first and last names in order

Association or Team Logo: PDF or jpeg

Requested:

- Teams are invited to submit team/individual pictures from throughout the 2023-2024 season to be included in presentations for the players at the banquet.
- A raffle basket which represents your local area of up to \$250 in value is requested to be brought to the opening banquet. The baskets will be raffled off to earn funds needed to host the Championships.

Email all required documents to Championship Chair- Tricia Jeffery at:

triciaanddwain@hotmail.com

Thank you for your prompt attention to these tasks. We look forward to welcoming you to our area on March 20, 2004.



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SECTION 1: CONTACT INFORMATION:

Host: North Okanagan Minor Hockey Association
Mailing Address: Box 116, Armstrong, BC V0E 1B0
Website: <http://www.nomha.com>

Committee Member:	Name(s)
Chair/ Contact Person	Tricia Jeffery e-mail: triciaanddwain@hotmail.com Text:250-833-8261
Association President	Albert Blackwell
Caterer/Banquet Committee	Pamela Balcaen, Tricia Jeffery, Josie Pfrimmer
Opening and closing	Kim Louis
Program	Sharon Mitchell
Sponsorships	Tricia Jeffery, Josie Pfrimmer
Media/Publicity	Jenny McCormack, Joe Schober
Apparel/ Merchandise	Karen Kehl
Grants	Tricia Jeffery, Josie Pfrimmer
Hotel Accommodations	Pamela Balcaen
Officiating	Hannah Spencer
Website/Information Package	Josie Pfrimmer
Committee Members at Large	Our Team Parents

BC Hockey Representative: Keegan Goodrich



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SECTION 2: GENERAL CHAMPIONSHIP INFORMATION

Date of Championships Tournament

- Wednesday March 20th, 2024 (travel day)
- Thursday March 21st to Sunday March 24th, 2024

Banquet Information

- 6:00 pm Wednesday March 20th, 2024 (doors open at 5:30pm)
- Facility TBA

Coaches Meeting

- 7:45 pm Wednesday March 20th, 2024
- Facility TBA

Opening and Closing Ceremonies

- Opening Ceremonies – TBA, March 21, 2024 Norval Arena
- Closing Ceremonies will be following the Championship game.





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COACHES/MANAGERS MEETING:

Attendance is mandatory for head coach and team managers: Meeting to follow the banquet at 7:45. Location TBD.

Discuss Tournament Format and Receive Info

- Packages handed out
- Review Rules and Regulations
- Opening ceremony format
- Question Period
- Receive Apparel

OPENING CEREMONIES: TIME TBD

- Team attendance at opening ceremonies is mandatory
- Opening ceremonies will be held (TBD based on schedule and number of teams)
- Please arrive 20 minutes early to allow for your team to be organized and ready when the ice is available.
- Please dress in your dark team jerseys, clean running shoes, no hats/hoodies
- Please have a minimum of two adults from your hockey roster prepared to escort your team onto the ice.
- Format, team placement, and further information will be provided at the coaches/managers meeting.

CHAMPIONSHIP GAME/ CLOSING CEREMONIES:

- Awards will be presented to the third-place team following the bronze medal game to accommodate teams who are travelling.
- The championship game will be the final game on Sunday March 24, 2024-time TBA at the Norval arena in Armstrong.



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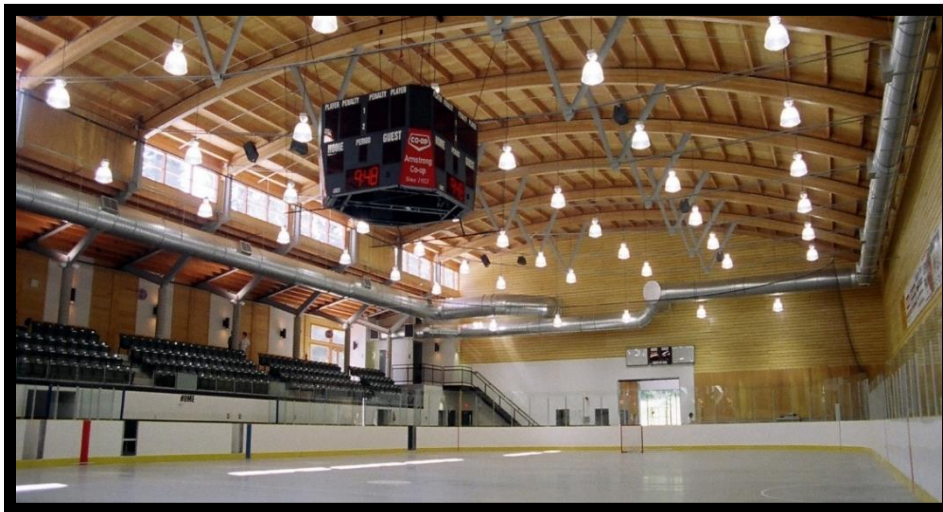


SECTION 3: ARENA INFORMATION

Norval Arena
3351 Park Drive, Armstrong
(250) 546-9456

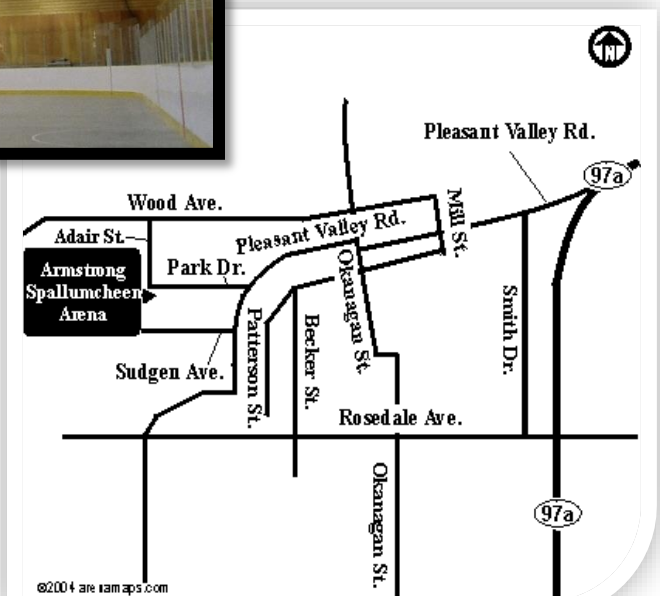


The Norval Arena was built in 2005 to accommodate the growing needs of the community of Armstrong. The facility is wheel chair accessible, has six large change rooms, washroom facilities on both levels, and a concession with seating and a viewing area.



This arena is the home of the:

**North Okanagan Junior
Knights**





SECTION 4: OFFICIAL ACCOMMODATIONS

We are working hard at securing hotels for you during your stay, please stay tuned as our sponsor hotels list will be updated shortly..

SECTION 5: AREA ATTRACTION

Armstrong Parks and Rec

<https://rec.canlansports.com/armstrong/home.aspx>

Address: 3351 Park Drive, Armstrong

Phone: (250) 546-9456

Book the Movie Theater (reasonable team prices), paintball, roller skating, indoor skate park

Enderby Chamber of Commerce/Tourism

<http://www.enderbychamber.com>

Address: 702 Railway St, Enderby

Phone: (250) 838-6727

Hours: M-F 10:00 am – 3:00 pm

Armstrong Spallumcheen Chamber of Commerce/ Tourism

<http://www.aschamber.com/>

Address: 3550 Bridge St, Armstrong

Phone: (250) 546-8155

Hours: M-F 10:00 am to 3:00 pm

Vernon Parks and Recreation

<http://www.vernon.ca/parks-recreation>

Address: 3400-30 St, Vernon

Phone: (250) 545-1361

Hours: 8:30 AM – 4:30 PM

Vernon Visitor's Center

<http://www.tourismvernon.com>

Address: 3004 39th Avenue, Vernon

Phone: (250) 542-1415

The Boarding House-games and coffee

3101-31st Avenue

(250)545-0117

Okanagan Science Centre

<http://www.okscience.ca>

Address: 2704 Highway 6, Vernon

Phone: (250) 545-3644

Hours: 10:00 AM – 5:00 PM

Village Green Mall

<http://villagegreencentre.com>

Address: 4900 27 St, Vernon

Phone: (250) 558-4320

Lincoln Lanes Bowling

www.lincolnlanes.ca

Address: 3510 25 Ave, Vernon

Phone: (250) 542-9837

Galaxy Cinemas Vernon

<http://www.cineplex.com>

Address: 275-2306 Highway 6, Vernon

Phone: (250) 542-1107

Towne Theatre

<http://www.vernoncinema.com>

Address: A-2910 30th Ave, Vernon

Phone: (778) 475-4100

The Rock Garden Climbing Center

www.climbthegarden.com

Address: 105- 2450 14 Ave, Vernon

Phone: (236) 426-3333

Hours: 3:00 – 10:00 PM

Hiking and Biking Trails

<http://www.tourismvernon.com/index.php/activities/hiking/top-hiking-trails>

SKATE SHARPENING AND SPORTS STORES

Brett Heitman Skate Sharpening

Address: 3565 Otter Lake Rd, Armstrong

Phone: (250) 546-3002

212 Sports Den

Address: 4600-29th Street, Vernon,

Phone: (778) 212-0212

Sun Valley Source for Sports

Address: 5601 27 St, Vernon, BC

Phone: (250) 542-2852

Sports Check

Address: 4900 27 St #0340, Vernon

Phone: (250) 260-2860

RESTAURANTS AND COFFEE SHOPS IN ARMSTRONG:

A&W.....	3130 Smith Drive
Anchor Inn Neighbourhood Pub & Restaurant	3030 Smith Drive
Armstrong Bakery.....	2565 Pleasant Valley Road
Canadian 2 For 1 Pizza.....	3030 Smith Drive
Country Bakery.....	3530 Okanagan Street
Dairy Queen.....	3110 Smith Drive
Freshslice Pizza.....	3210 Smith Drive
Great Wall Restaurant.....	2545 Pleasant Valley Road
Haru Sushi & Grill.....	#7 - 3305 Smith Drive
JJ's Pizza Plus.....	3400 Okanagan Street
Jealous Pizza N Donair.....	3495 Okanagan Street
Jonnie and Lily's Diner.....	3460 Okanagan Street
McDonald's.....	3240 Smith Drive
PV Blvd Coffee.....	2510 Pleasant Valley Blvd
Starbucks.....	3060 Smith Drive
Subway.....	3300 Smith Drive
The Overlander Restaurant.....	2440 York Ave
Village Chees.....	3475 Smith Drive
Wild Oka Café.....	2539 Pleasant Valley Blvd





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RESTAURANTS IN VERNON

Intermezzo
Restaurant & Wine
Cellar....3206-34th Avenue

Los Huesos
2918-30th Ave

Boa Thong Thai Restaurant
3210-30th Avenue

27 Street Grille
4801-27th Street

Eatology
3100-30th Street

The Eclectic Med Restaurant
2915-30th Avenue

Amarin Thai Restaurant
2903-31st Street

Dorians Greek Taverna
3224-30th Avenue

Martin Brew Pub
2933a-30th Ave

Earls Kitchen & Bar
101-3101 Highway 6

Phoenix Steakhouse
3117-30th Avenue

Station BBQ Smokehouse
3131-29th Street

Bourbon Street Bar and Grill
4411-32nd Street

Mr. Mikes
3908-32nd Street

BX Creek Bar & Grill
3914-32nd Street

Pho Fusion
5100 Anderson Way

Lynn's Vietnamese
5301-25th Ave

The Diner on Six
2511 Highway 6

Rosalinda's Filipino Kitchen
2810-33rd Street

The Curry Pot Indian
& Nepalese Cuisine
3007-30th Ave

Wasabi Japanese Restaurant
#114, 5100 Anderson Way

Match Eatery & Public House
4900 Anderson Way

Asian Avenue Restaurant
4101-32nd Street

Kiki Gardens Restaurant
3411-30th Avenue

Fresh Lemongrass
3107-48th Ave

Original Joe's
400-2306 Highway 6

Joey's Seafood Restaurants
905-4400-32nd Street

Jenalia's
805 Kalamalka Lake Rd

D J's Perogie Kitchen
4409-29th Street

Sir Winston's Pub
2705-32nd Street

Kawakubo
3315-30th Ave

Denny's.....4201-32nd Street

Ricky's All Day Grill
4795-34th Street

White Spot Vernon
#800-4400-32nd Street

Red Robin Gourmet Burgers
5601 Anderson Way

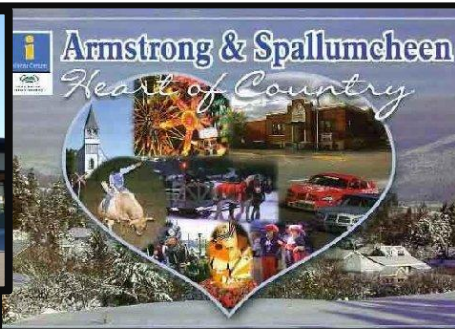
Browns Social House
4900-27th Street

Ora Restaurant Lounge
4411-32nd Street

Suda-Korean Cuisine
3415- 30th Avenue

Italian Kitchen
2916-30th Avenue

Wings....5200 Anderson Way





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RESTAURANTS IN VERNON CONTINUED

Jade Asian Kitchen
3022-30th Avenue

Don Cherry's
3914-32nd Street

Rickys All Day Grill
4795-34th Street

Sizzling Wok
29-4900-27th Street

Mahoroba
Japanese Restaurant
2921-30th Ave

Edo Japan
#105C-3101 Highway 6

Sushi Kawa
3107-32nd Street



J-Don Japanese
2900-30th Avenue

Royal Garden
5280 Anderson Way

Kal Sports Bar
3004-30th Avenue

Cactus Club
5600 Anderson Way

Pho Sate Restaurant
2904-33rd Street

Friesen's Country Bakery
9172 Kalamalka Road

The Sprouted Fig
3407-30th Avenue

FAST FOOD & TAKE OUT

McDonald's
2601 58 Ave
5301 25 Ave

C-Lovers Fish &
Chips Vernon
2501-53 Ave

A&W
3101 Highway #6
4901 Anderson Way

Subway
5301 25 Ave
4400—27th Street



Wendy's Restaurants
5101-26th Street

Burger King
2505-53rd Avenue

Wrap Zone
101-3101 25th Ave

Helmut's Sausage Kitchen
2103-48th Ave



Dairy Queen
4209 32 Street

Popeyes Louisiana Kitchen
3600-27th Street

Taco Time
2800-27th Street

KFC
3110 32 Street

Taco Del Mar.
#150-5721 24 Street

The Rice Box
C-3104 27 Street

PIZZA



**Farmhouse
Pizza and Donair**
110-5301 25th Avenue
(250) 503-0110

**Farmhouse
Pizza and Donair**
110-5301 25th Avenue
(250) 503-0110

Saucies 27 Pizza
4404- 27th Street
(236) 426-0995



Boston Pizza
3604 32 St
(250) 558-0669

Domino's Pizza
2601 Hwy 6
(250) 558-0050

Pizza 64
111-5100 Anderson Way
(778)-557-1818

Pappa Murphy's
3507 32nd Street
(250) 260-3999

Jim's Place Pizza
1600 32 Street
(250) 549-3700

Uncle Dave's Pizzeria
100 Kalamalka Lake Road
(250) 558-4228

Little Caesars Pizza
3101 Highway 6
(250) 549-4646

Jealous Pizza and Donair
102-3101 Hwy 6
(778)-475-1400



Lozza Mozza
3603-32nd Street
(778)-475-0525



Masiero Pizzeria
105-3301-30th Ave
(778)-943-2019

Saucies 27 Pizza
4404- 27th Street
(236) 426-0995

Top Choice Pizza
3130 29 Avenue
(250) 545-0555

COFFEE SHOPS

Rich Tea
#110-3334-30th Ave

Bean There Bistro
3008 31 Street

**Bean Scene Coffee
House**
2923 30th Avenue

**The Cracked Pot
Coffee Emporium**
2913 30th Avenue

**Bean Around
the World**
2923-30th Ave

Blenz Coffee
5100 Anderson Way
2706-30th Ave

Midian Coffee
2800-27th Street



Branches Cafe
3914 32 Street

Bean To Cup
3903-27th Street

Ratio Coffee & Pastry
#4-3101-29th Street

Triumph Coffee
3401-30th Ave



Starbuck
103-3101
Highway #6
4900 27 Street
32nd Avenue
3417 30th
Avenue

Tim Hortons
2501-58th Avenue
2601 Hwy 6
5205-25th Avenue
2409-34th Street
3510-27th Street



SECTION 6: HEALTH CARE FACILITIES

Vernon Jubilee Hospital

2101 32nd, Vernon

Phone: (250) 545-2211

Shuswap Lake General Hospital

601-10th Street NE, Salmon Arm

Phone: (250) 833-3600

Vernon Urgent and Primary Care Centre

Primary Medical Clinic-Walk-In and appointments

3105-28th Ave, Vernon

(250) 41-1097

Hours: 7 days 7am-7pm





SECTION 7: EQUIPMENT CHECKLIST

Please ensure that you have your Coaches and or HSCP personal go over condition of all equipment prior to arriving at the Provincials.

EQUIPMENT CHECK LIST

Pants	Adequate padding in front, side of thigh, tailbone, hip & kidney. No tears, loose threads &/or dangling belts/straps. Inside leg zippers done up during play.
Shoulder Pads	Look for cracks, loose stitching &/or deteriorating padding and Velcro straps.
Elbow Pads	Look for cracks, loose stitching &/or deteriorating padding and Velcro straps.
Helmets	Fits snug (NOT loose) & fully covers forehead, temples, ear area & base of skull. Must have visible CSA label, snug chin strap (one finger width), ear guards, should be decal, tape and paint free No cracks in shell or padding.
Face Mask	Tight screws & if replacements, not too long. Straps snug.
Gloves	High enough so no unprotected forearms between gloves & elbow pads. Firm fingers, thumb & back padding Palms soft & pliable. No holes near fingers or in palm. NO loose threads. Holes larger than a quarter must be taped prior to entering ice surface
Skates	Tongue long enough to go behind shin pads to protect lower shin. Laces not wrapped around boot top/ankle.
Throat Protector	Fits snug enough to avoid exposing parts of intended protected area MUST have BNQ certification. Free of fabric cuts and <u>must not be altered in any way</u> . Velcro straps not worn.
Sticks	No cracks/splinters on shaft/blade. End cap in place and butt end taped to prevent penetration of face mask.



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SECTION 8: APPAREL

BC Hockey Championship apparel will be available for pre-sale for the event (ordering information with pictures to be forwarded to participating teams). We encourage parents, coaches and players to view the clothing when your team has qualified to participate and order in advance, as we will not have a supply of apparel on hand for sale.

LINK TO ORDER FORM TO FOLLOW WHEN APPAREL IS DETERMINED

SECTION 9: PHOTOGRAPHER ON SITE

Kristal Burgess will be on site offering photographs for purchase to help your team collect memories from the Championships!

Pricing and more information to come!