



# 2023 BC HOCKEY CHAMPIONSHIPS

Host Information Package

Prince George  
March 19th to 22nd

Welcome to the 2023 U13 T2 BC Championships! Your host for the week is the **U13 T2 Prince George Cougars**.



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:

- Contact Information
- General Championship Information
- Tournament Facebook page
- Community Information
- Our First Nation History
- KIN Centre Arenas
- Accommodations
- Transportation
- Restaurants
- Points of Interest – things to do
- Skate Sharpening & Sports Stores
- FREE Practice Ice
- Equipment Checklist (**IMPORTANT** – must be completed before playing)
- Medical Information & Emergency Planning

If you have any questions, please contact;

Tyson von den Steinen (Host Committee Chair) – [tysonvds@gmail.com](mailto:tysonvds@gmail.com)  
or 778.349.1942 or Matt MacLeod (Tournament Operations)  
250.981.3822

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:

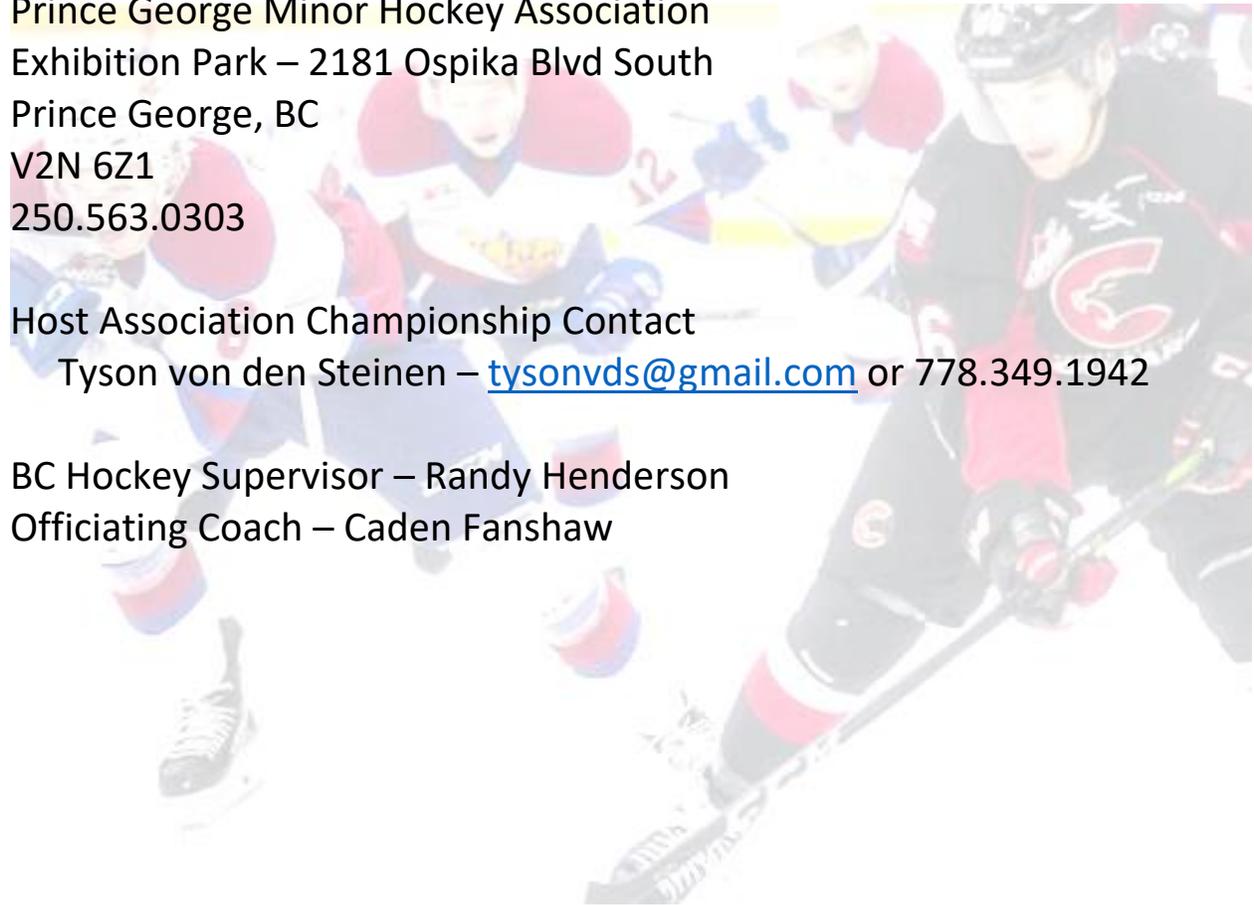
BC Hockey – North Regional Centre  
Kin Centre – 2187 Ospika Blvd.  
Prince George, BC  
V2N 6Z1  
250.596.8373

Prince George Minor Hockey Association  
Exhibition Park – 2181 Ospika Blvd South  
Prince George, BC  
V2N 6Z1  
250.563.0303

Host Association Championship Contact

Tyson von den Steinen – [tysonvds@gmail.com](mailto:tysonvds@gmail.com) or 778.349.1942

BC Hockey Supervisor – Randy Henderson  
Officiating Coach – Caden Fanshaw

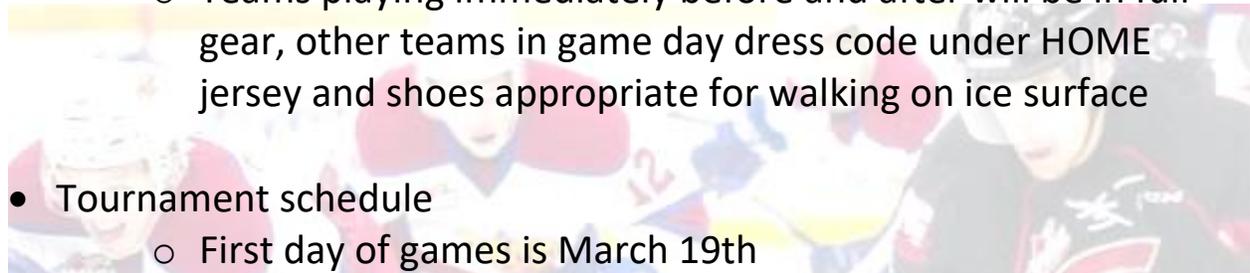


## GENERAL CHAMPIONSHIP INFORMATION:

- Travel Day
  - March 18<sup>th</sup> is the “travel day”.
  - Teams should arrive in time to be at the banquet hall, doors open at 5:30pm March 18<sup>th</sup>.
- “Welcome” Banquet
  - **Who:** PGMHA invites all players, coaches and managers and on ice officials to the opening banquet as our guests.
  - **When:** March 18<sup>th</sup>, doors open at 5:30pm
  - **What:** “Sidney Crosby’s pregame meal”
    - Dinner will be spaghetti w/ meat sauce and will include salad, garlic toast, deserts, drinks (juice, soft drinks, coffee, tea, no alcohol allowed)
    - A guest speaker (TBD) will follow dinner.
  - **Where:** Columbus Community Centre
    - 7201 Domano Blvd. Prince George
    - 250.964.2744
  - **Theme:** Come to the banquet ready for the lights and cameras before the action hits the ice!
    - The theme for the night is “Red Carpet” so come dressed in your best.



- Coaches & Managers Meeting (mandatory)
  - Meeting follow directly after the Banquet at approx. 8pm
- Opening Ceremonies
  - Attendance is mandatory for all teams
  - Location is KIN1, starting at 6:15pm
  - Teams playing immediately before and after will be in full gear, other teams in game day dress code under HOME jersey and shoes appropriate for walking on ice surface
- Tournament schedule
  - First day of games is March 19th



#### DAY 1

10:00	A1 vs A4
12:45	B1 vs B4
3:30	A2 vs A3
6:15	OPENING CEREMONIES
6:45	B2 vs. B3

#### DAY 2

10:00	A3 vs. A1
12:45	B3 vs. B1
3:30	A4 vs. A2
6:15	B4 vs. B2

#### DAY 3

10:00	A3 vs A4
12:45	B3 vs B4
3:30	A1 vs. A2
6:15	B1 vs. B2

#### DAY 4

8:00	1 <sup>st</sup> Div. A vs 2 <sup>nd</sup> Div. B
11:00	1 <sup>st</sup> Div. B vs 2 <sup>nd</sup> Div. A
5:00	Bronze L- A1-B2 vs L- B1-A2
8:00	Gold W- A1-B2 vs W- B1-A2

- Closing Ceremonies
  - Closing ceremonies will be held following the final championship game.
  - All teams are encouraged to attend but it is not mandatory.
- Tournament Program

Once your team has qualified for the Championships, we request the following information:

- 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 and their jersey number as well.
- Association Logo: Please send an EPS or illustrator image of your association logo and your home jersey colors.
- Contact information: Please provide Head Coach and Managers names and contact numbers.

**Please send team picture, team logo and information to [tysonvds@gmail.com](mailto:tysonvds@gmail.com) and [ulrich.ata@gmail.com](mailto:ulrich.ata@gmail.com)**

- Relief Goalies
  - Goalie: Asher Prosk  
Contact: Matt Prosk 250-640-8919
  - Goalie: Sebastien Watts  
Contact: Harmony Watts 250-552-0349
  - Goalie: Jason Robson  
Contact: Angela Smith 778-349-5712
- Equipment Checklist

Prior to each team's first game and possibly during the tournament, an equipment check will be conducted by a Referee Committee member with a referee or the BC Hockey Representative.

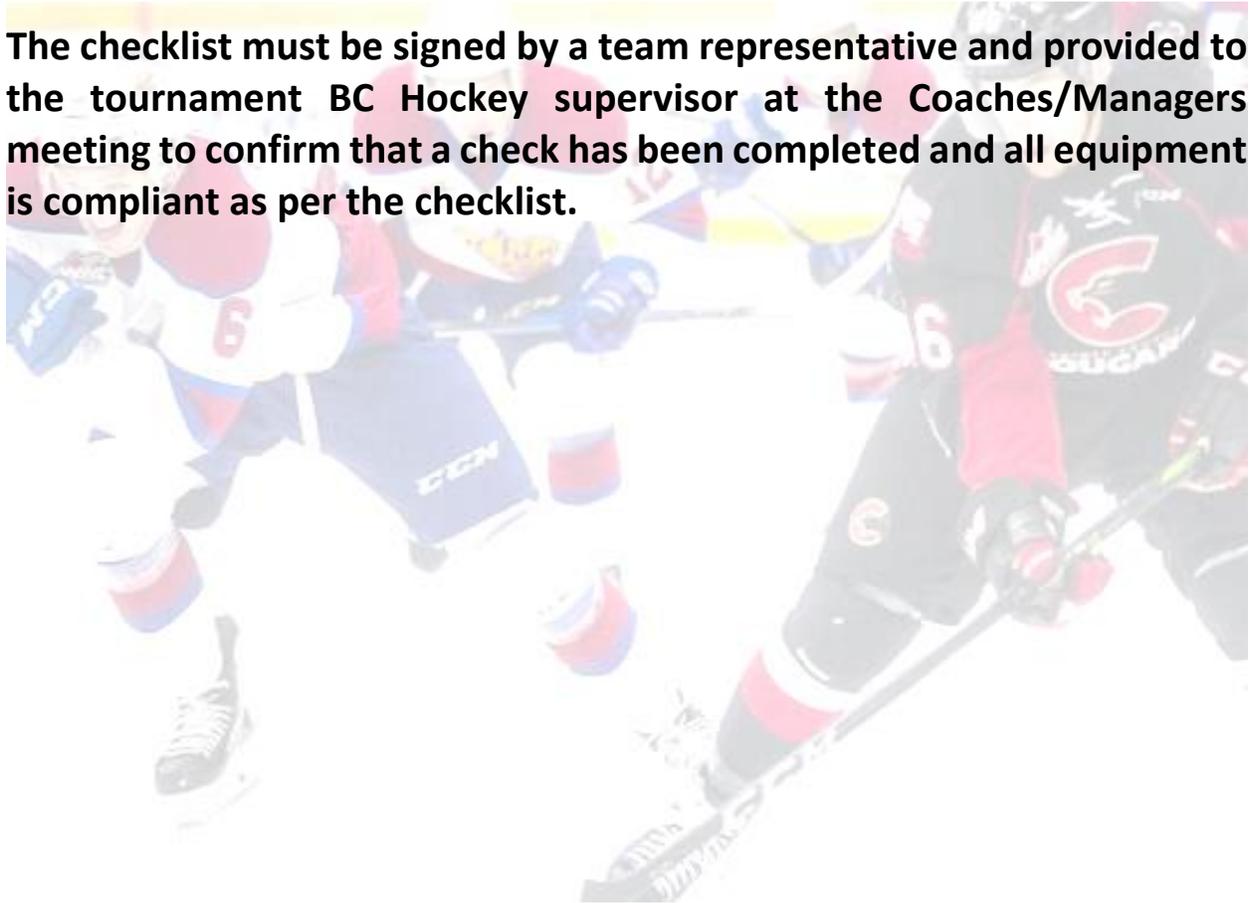
Important to note:

- Particular importance will be paid to helmets and neck protection
- Any altered equipment will be removed from the game
- Anything that is CSA certified must include the appropriate label
- Ear protection on helmets is required

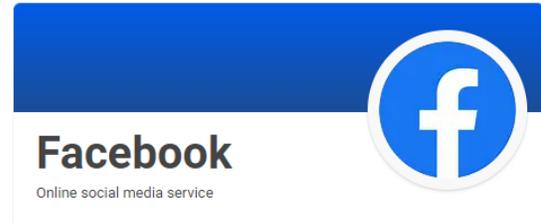
- Mask must be made for the particular helmet and fit properly
- Throat protectors must be BNQ certified and labeled as such
- No torn pants will be permitted
- Zippered pants must be fully done up
- No large holes in palms of glove.

Please see full checklist included at the end of this document.

**The checklist must be signed by a team representative and provided to the tournament BC Hockey supervisor at the Coaches/Managers meeting to confirm that a check has been completed and all equipment is compliant as per the checklist.**



## Tournament Facebook Page



# 2023 U13 Tier 2 BC Hockey Championships

Sports Event

We have a page up and will post information about the tournament on Facebook, here is the link: [2023 U13 Tier 2 BC Hockey Championships | Facebook](#)

Be sure to check out the tournament swag from the BC Hockey online store: <https://2023-bc-hockey-championship-u13-tier-2.itemorder.com/>

Just a few examples of what's available:

### Apparel

[View Category Page](#)



Apex Lightweight Softshell Jacket

\$74.99

2 Colors



Hype Pullover Hoodie

\$59.50

2 Colors



Hype Full-Zip Hoodie

\$59.50

2 Colors



Hype Crewneck Sweatshirt

\$49.50

2 Colors

## COMMUNITY INFORMATION:

<https://www.hellobc.com/stories/guide-prince-george-bc-gateway-north>

Prince George is the largest city in Northern British Columbia, and it is located centrally in the province. 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.

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.

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. T'enneh literally means "The People". They are a sub-group of the "Dakelh" people whose traditional territory includes the city of Prince George, British Columbia. The name "Lheidli" means "The People from the Confluence of the River" in the Carrier language, referring to how the Nechako River enters the Fraser River at Prince George.

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

2187 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 located 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 6 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 – 85' x 200' ice surface, can expand to 100' x 200' (international dimensions) 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



## ACCOMMODATIONS:

- Pomeroy Inn & Suites  
    **\$169/night group rate**  
    2700 Recplace Dr.  
    236.423.4546



- Courtyard by Marriott Prince George  
    **\$149/night group rate**  
    900 Brunswick Street, S  
    250.596.6274



- Sandman Hotel and Suites  
    **\$120/night group rate**  
    1650 Central St E  
    250.563.8136



- Super 8  
    **\$104/night group rate**  
    1151 Commercial Cres  
    250.980.3946



- Coast Inn of the North  
    770 Brunswick Street  
    250.277.4112



- Sandman Signature  
    2990 Rec place Dr.  
    250.645.7263



- Four Points Prince George  
1790 Hwy 97 S  
250.564/7100



### TRANSPORTATION:

- Prince George Taxi Service  
250.564.4444



- Emerald Taxi  
250.563.3333

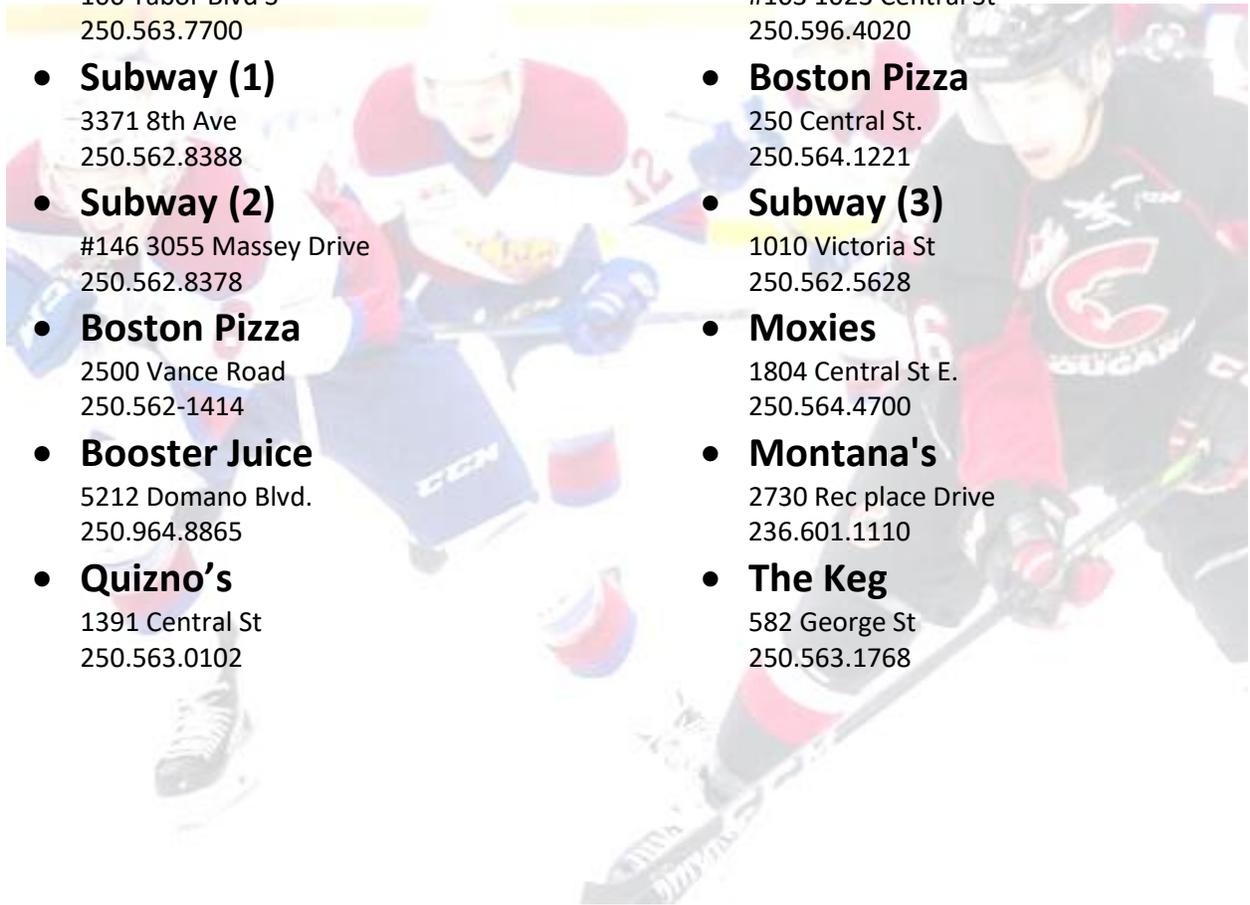


- Prince George Transit System  
See Schedules and Maps: <https://bctransit.com/prince-george/>



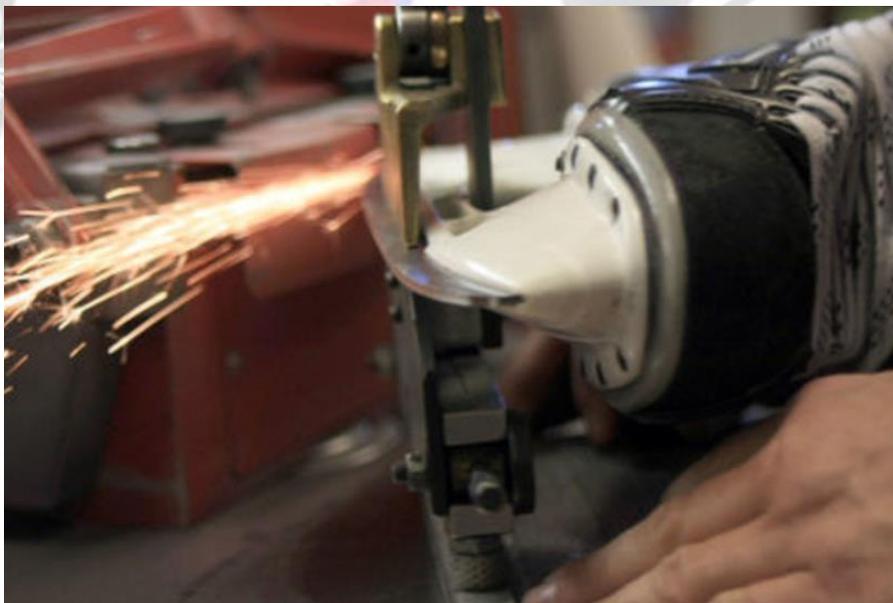
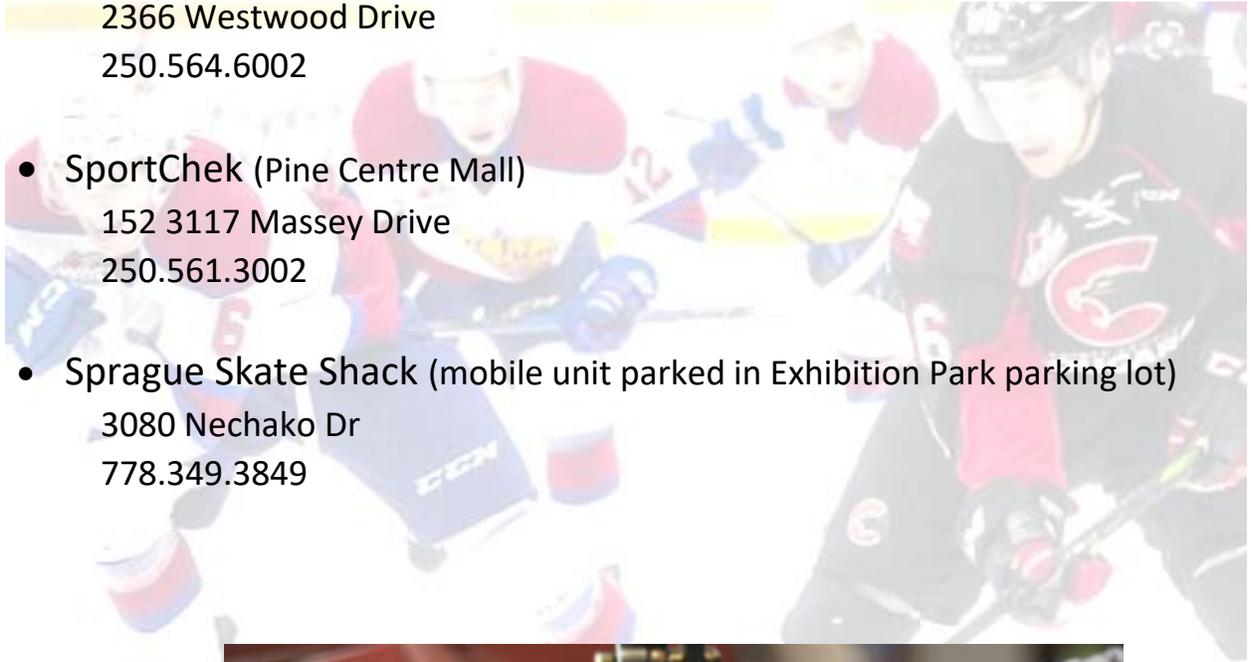
## RESTAURANTS:

- **Earls**  
1440 Central St E.  
250.562.1527
- **Freshslice Pizza**  
999 Central St W  
250.563.5601
- **Tabor 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
- **Boston Pizza**  
2500 Vance Road  
250.562-1414
- **Booster Juice**  
5212 Domano Blvd.  
250.964.8865
- **Quizno's**  
1391 Central St  
250.563.0102
- **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**  
250 Central St.  
250.564.1221
- **Subway (3)**  
1010 Victoria St  
250.562.5628
- **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



## SKATE SHARPENING & SPORTING GOODS:

- AP Athletics and Pro Shop  
1655 Nicholson St S  
250.981.4150
- Players Bench (also available on-site store located between KIN1 and 2)  
2366 Westwood Drive  
250.564.6002
- SportChek (Pine Centre Mall)  
152 3117 Massey Drive  
250.561.3002
- Sprague Skate Shack (mobile unit parked in Exhibition Park parking lot)  
3080 Nechako Dr  
778.349.3849



## FREE Practice Ice

- Northern Ice Sports is an official sponsor of the Wilson M. Beck U13 Tier 2 BC Hockey Championships and continues their commitment on supporting youth sport here in Prince George.
- Each Team will receive **one Free 1hr Ice Rental at Chad Staley Memorial Arena.**
- This area is a great ice surface for practices, it isn't a full-size ice surface is used lots for practice sessions and 3v3 tournaments.
- Please contact Mike Peterson by email at [info@northernicesports.com](mailto:info@northernicesports.com) or by phone at 250-960-9508 to book the time you prefer.

### Ice Rental

- If you require additional ice or prefer to practice on a regulation sized rink then please contact Tyson (778.349.1942) for scheduling.
- There will be a rental fee to rent the city's ice rink (\$160.13 payable to PGMHA).

## SOME THINGS TO DO:

- Movies:
  - Famous Players 6 – 172-1600 15th Ave
- Shopping:
  - Pine Centre Mall – 3055 Massey Dr
- Recreation & Entertainment:
  - Gamescape Multiplayer Gaming
    - 1980 Ospika Blvd, 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 18<sup>th</sup>)
  - Rolling Mix Arena, 250.561.7635
- WHL Prince George Cougars (home games Mar 17<sup>th</sup> & 18<sup>th</sup>)
  - CN Centre, 250.561.0783

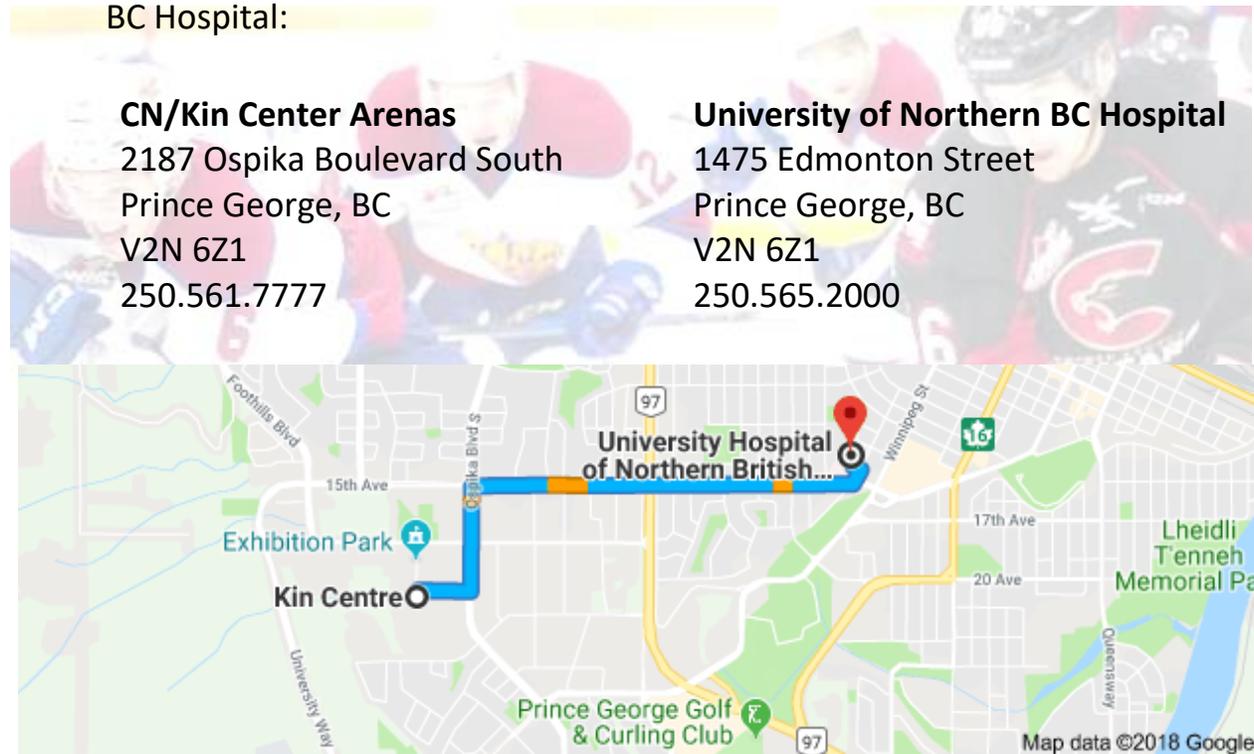


## Emergency Response Plan

- There will be a medical contact person (**Dr. Floyd Besserer – 250.617.0739**) on site throughout the tournament 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 Prince George KIN Center Arenas to University of Northern BC Hospital:



**CN/Kin Center Arenas**  
2187 Ospika Boulevard South  
Prince George, BC  
V2N 6Z1  
250.561.7777

**University of Northern BC Hospital**  
1475 Edmonton Street  
Prince George, BC  
V2N 6Z1  
250.565.2000

- Walk-In Clinics

<b>Urgent &amp; Primary Care Centre</b> 1600 15th Ave #143 250.645.6900	<b>Salveo Walk-In Clinic</b> (Real Canadian Superstore) 2155 Ferry Ave 250.614.0007
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## EQUIPMENT CHECKLIST

<b>EQUIPMENT</b>	<b>INSPECT</b>	<b>BASIC THINGS TO LOOK FOR</b>
PANTS	Condition	<ul style="list-style-type: none"><li>- No tears, loose threads &amp;/or dangling belts/straps.</li><li>- Inside zippers done up and working.</li></ul>
STICK		<ul style="list-style-type: none"><li>- Plug is in butt end of the stick (top).</li><li>- Blade has no sharp edges, breakages</li></ul>
HELMET	Condition	<ul style="list-style-type: none"><li>- Must have visible CSA label, snug chin strap, ear guards, be decal/tape free &amp; not painted.</li><li>- No cracks in shell or padding.</li></ul>
FACEMASK	Condition	<ul style="list-style-type: none"><li>- No metal bars broken on cages</li><li>- Tight screws and if replacements, NOT too long.</li><li>- Straps snug with stretch in elastic</li><li>- Clips in place.</li><li>- NO cracks in plastic</li><li>- watch for rust at wire seams</li></ul>
GLOVES	Condition	<ul style="list-style-type: none"><li>- High enough so covers wrist. Firm fingers, thumb and back padding</li><li>- Palms soft and pliable. NO holes near fingers or in palm larger than a quarter)</li><li>- No loose threads</li></ul>
NECKGUARD	Condition	<ul style="list-style-type: none"><li>- Completely covers neck</li><li>- Fits snug enough to avoid exposing parts of neck and upper chest</li><li>- MUST have BNQ certification, be free of fabric cuts</li><li>- Velcro strap NOT worn and in good working order</li><li>- Must not be altered in any way</li><li>- Rips or tears should be sewn.</li><li>- No tape wrapped around neckguard</li></ul>