**Coquitlam Tournament- November 8-12, 2018**



**Accommodations**: **Executive Suites Hotel & Conference Centre Metro Vancouver (Burnaby)- approx. 30 minutes from airport**

**4201 Lougheed Hwy., Burnaby, BC.**

Call hotel direct (604) 298-2010 or 1-800-590-3932 ([reservationsb@executivehotels.net](mailto:reservationsb@executivehotels.net))

## Note: for our weary boys- Complimentary Massage -  15-minute massage. Available to all hotel guests Monday to Friday from 5 to 8 PM. Advance reservations are recommended - call or see the front desk to book.

**Travel time from hotel to arenas:**

**NOTE**: Coach John is allowing players to arrive at games 75 minutes early, rather than 90 minutes early.

**-**approx 20 minutes to Coquitlam Planet Ice

- approx. 24 min to Poirier Sport and Leisure Complex

**Arenas**:

**Coquitlam Planet Ice:** [2300 Rocket Way, Coquitlam BC V3K 6Z2](https://www.bing.com/local?lid=YN1141x237434516&id=YN1141x237434516&q=Planet+Ice-Total+Sports+Entertainment+Coquitlam&name=Planet+Ice-Total+Sports+Entertainment+Coquitlam&cp=49.2304496765137%7e-122.827972412109&ppois=49.2304496765137_-122.827972412109_Planet+Ice-Total+Sports+Entertainment+Coquitlam&FORM=SNAPST)

**Phone:** 604-941-9911

**Poirier Sport and Leisure Complex:** 633 Poirier Street, Coquitlam, B.C.  
**Phone:** 604-927-6027

**Packing**: Please ensure your players bring their blue game folders, “Leave no Doubt”, playbooks, pens and markers. Raincoats and umbrellas are also good ideas.

\*\*\*\*Please bring lots of snacks for your boys and remember to HYDRATE!

**Skate sharpening:**

**Rocket Rod’s Hockey-** inside Planet Ice. Skate sharpening for $7.00, hockey retail items, apparel, tape/wax, etc.

Weekends: 8:00 a.m. to 9:00 p.m.

Weekdays: 3:00 pm to 9:00 p.m.

**Skaters Edge Boutique Ltd**: 145 Schoolhouse St Unit #10, Coquitlam, BC V3K 4X8- 6 min drive from arena

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| Monday | Closed |
| Friday | 9:30a.m.–5:30p.m. |
| Saturday | 9:30a.m.–5:30p.m. |
| Sunday | 10a.m.–2p.m. |

**Amenities and restaurants near the hotel:**

* Save-on Foods- Madison Centre, 4399 Lougheed Highway
* Whole Foods Market, 4420 Lougheed Highway
* B.C. Liquor Stores, 4455 Skyline Drive
* Starbucks, 4122 Dawson Street
* Subway- 1895 Willingdon Avenue
* Tim Horton’s- 4191 Lougheed Highway
* White Spot- 4129 Lougheed Highway
* Ricky’s Café, 4415 Skyline Drive #1
* Fatburger, 4461 Lougheed Highway
* Joey Burnaby, in Madison Centre, 1899 Rosser Avenue
* Pita Pit, 1805 Rosser Avenue # 3
* Simon Fraser University, 8888 University Drive
* Costco, 4500 Still Creek Drive

**Amenities and restaurants near the Planet Ice arena:**

* Boomers bar and grill- second floor, inside Coquitlam Planet Ice. \*\*\*\*Overlooks Rinks 3 and 4. Minors welcome until 10:00 p.m.- menu has burgers, pizza, chicken strips, etc.
* For bored siblings or parents- Cineplex Cinemas at 170 Schoolhouse Street, Coquitlam or Hard Rock Casino at 2080 United Blvd, Coquitlam
* Freshii, 208 E Columbia Street, New Westminster- 10 minute drive
* Wendy’s, 100 Schoolhouse Street, Coquitlam- 6 minute drive
* Starbucks, 1988 United Blvd, 110, Coquitlam- 5 minute drive
* Tim Horton’s, 1450 United Blvd, Coquitlam- 5 minute drive
* Subway, 1900 United Blvd, Coquitlam- 8 min drive

**Amenities and restaurants near the Poirier Sport and Leisure Complex:**

* Swimming pool and fitness centre within facility
* Limited food services provided by Canuel Caterers
* Subway at Como Lake Village, 1914 Como Lake Ave- 3 min drive
* Subway at 1066 A Austin Avenue-4 min drive

**Friday, November 9:**

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| **Time:** | **Location:** | **Activity:** |
| 9:00-11:00 a.m. | Executive Hotel and Suites Metro Vancouver  4201 Lougheed Highway Burnaby | Breakfast/family time  \*\*\*breakfast is NOT included in hotel rate, though there is a decent restaurant in the hotel with a good menu for breakfast/lunch/dinner, <http://www.acqua.restaurant/breakfast-menu/>  Tim’s, White Spot, and Save On nearby. |
| 11:00 a.m. – 4:00 p.m. | Executive Hotel and Suites Metro Vancouver  4201 Lougheed Highway Burnaby- Coach Brad and Jacob’s room | Coach and parent/player sessions- 15 minutes each  Schedule posted below itinerary |
| 4:00 – 5:30 p.m. | Executive Hotel and Suites Metro Vancouver  4201 Lougheed Highway Burnaby | Grab light dinner before game on your own time. |
| 6:15 p.m. | Coquitlam Planet Ice, Arena 3 | Arrive at arena for warmup |
| 7:30 – 9:00 p.m. | Coquitlam Planet Ice, Arena 3 | Game vs. Portland Jr. Winter Hawks |
| 9:55– 10:15 p.m. | Executive Hotel and Suites Metro Vancouver  4201 Lougheed Highway Burnaby- Coach Brad and Jacob’s room | Quick strategizing session |
| 10:15 p.m. | Executive Hotel and Suites Metro Vancouver  4201 Lougheed Highway Burnaby | Back to room/sleep |

**Saturday, November 10:**

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| **Time:** | **Location:** | **Activity:** |
| 6:30 – 7:40 a.m. | Executive Hotel and Suites Metro Vancouver  4201 Lougheed Highway Burnaby | Wake up  Grab breakfast enroute or have with you in room |
| 8:00 a.m. | Coquitlam Planet Ice, Arena 4 | Arrive at arena for warmup |
| 9:15 – 10:45 a.m. | Coquitlam Planet Ice, Arena 4 | Game vs. Langley A2 |
| 11:00 am- 12:45 p.m. | Coquitlam Planet Ice | Lunch- SUBWAY box lunches.  Colette and Nina will pick up and have at arena for 11:15 a.m. Each boy (except Matthew Gomez, LOL) will receive a foot long sub, G2, chocolate chip cookie and bag of Lays chips.  75% turkey, 25% ham, on Italian bread with lettuce. |
| 1:15 p.m. | Coquitlam Planet Ice, Arena 1 | Prep and warmup |
| 2:30 – 4:00 p.m. | Coquitlam Planet Ice, Arena 1 | Game vs. CMHA A2 |
| 5:00-5:30 p.m. | Executive Hotel and Suites Metro Vancouver  4201 Lougheed Highway Burnaby | Shower at hotel |
| 5:30 – 7:30 p.m. | Brown’s Social House- Brentwood location. 1908 Rosser Ave  <http://brownssocialhouse.com/brentwood>  604-568-8144 | Team dinner- reservation for 50. 20 boys (team) at one long table, and the parents will all be seated at 6 and 8 person booths. 18% mandatory gratuity.  Reservation under St. Albert Bears/Colette, see Asia |
| 8:00 – 9:00 p.m. | Meet at Coach Brad and Jacob’s room | Coach instruction |
| 9:30 pm | Curfew- back in individual rooms | Chillax/homework |
| 10:00 pm | Lights out- NO DEVICES | sleep |

**Sunday, November 11:**

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| **Time:** | **Location:** | **Activity:** |
| 9:00 a.m. | Executive Hotel and Suites Metro Vancouver  4201 Lougheed Highway Burnaby | Wake up/breakfast on your own |
| 10:30 a.m. | Executive Hotel and Suites Metro Vancouver  4201 Lougheed Highway Burnaby | Meet in lobby to take Skytrain downtown- walk to station is about 5 minutes, train trip approx. 25 minutes to Downtown  4201 Lougheed Highway |
| 10:30 a.m. – 2:30 p.m. | Downtown Vancouver- Olympic cauldron  LUNCH at Cactus Club Café- Coal Harbour location from 12:00 to 2:00 | Cactus Club Café- 1085 Canada Place, Vancouver. 604-620-7410  Reservation for 44 in private room, $1000.00 minimum = $23.00 each. 18% mandatory gratuity. Order off menu because the three pre-set menus were very $$$. Remaining adults at table for 7 in main part of restaurant. Reservation under St. Albert Bears/Colette, see Hajar. |
| 2:30 – 5:20 p.m. | Executive Hotel and Suites Metro Vancouver  4201 Lougheed Highway Burnaby | Homework/quiet time/nap/snack |
| 5:45 p.m. | Poirier Forum | Arrive at arena for warmup |
| 7:00 -8:30 p.m. | Poirier Forum | Game vs.TBD |
| 9:00 -9:15 p.m. | Executive Hotel and Suites Metro Vancouver  4201 Lougheed Highway Burnaby | Arrive back at hotel, grab dinner/snack enroute. |
| 9:15- 9:30 p.m. | Coach Brad and Jacob’s room | Coach prep |
| 9:30 – 10:00 p.m. | Individual rooms | Lights out/sleep |

**Monday, November 12:**

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| **Time:** | **Location:** | **Activity:** |
| 5:45 – 6:25 a.m. | Executive Hotel and Suites Metro Vancouver  4201 Lougheed Highway Burnaby | Wake up/breakfast in room or enroute  **\*\*\*NOTE \*\*\*** Check out of hotel is 11:00 a.m. Can be extended if rooms are not booked, but must be requested at check-in time. |
| 6:45 a.m. | Arena TBD | Arrive at arena for warmup |
| 8:00 – 9: 45 a.m. | TBD | Semi-finals game |
|  | UNSURE IF WE WILL BE PLAYING AGAIN OR PEOPLE JUST TAKING OFF. TBD. |  |
| Various times | Airport | Travel home |

**Friday interviews with coach and parent/player- go to Coach Brad and Jacob’s room:**

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| **Player:** |  | **Time**: |
| Jack | Ketsa | 11:00 -11:15 |
| Kai | Johnson | 11:15-11:30 |
| Ayden | Caccia | 11:30-11:45 |
| Sam | McClenaghan | 11:45-12:00 |
| Keaton | Daley | 12:00-12:15 |
| **Lunch** | **Break** | **12:15-12:30** |
| Nikolai | Belyea | 12:30-12:45 |
| Dylan | Stevenson | 12:45-1:00 |
| Nate | Anderson | 1:00-1:15 |
| Noah | Haney | 1:15-1:30 |
| Logan | Paquette | 1:30-1:45 |
| Jaden | Beauchamp | 1:45-2:00 |
| Adam | Browton | 2:00-2:15 |
| Sebastian | Laurent | 2:15-2:30 |
| Rowan | Cake | 2:30-2:45 |
| Evan | Zazulak | 2:45-3:00 |
| Matthew | Gomez | 3:00-3:15 |
| Rowan | Simington-Lesanko | 3:15-3:30 |
| Lucas | Cadger | 3:30-3:45 |
| Blake | Brown | 3:45-4:00 |