

Hello All,

Dennis Bellavance, Head Coach of the North Island Zone U13 T1 Bears here.

I hope everyone is having a great summer!

With the hockey season fast approaching, I thought it was important to send out this email to provide a quick overview of the North Island Zone U13 T1 Bears Program for the upcoming 2024-2025 season.

I will try to keep it brief here, hopefully more questions are answered than created by this email.

TRYOUTS:

LOCATION:

Comox Valley Sports Centre Rink #2

3001 Vanier Drive

Courtenay, BC.

V9N 5Y2

COST:

\$150.00

This covers a minimum of four (4) ice times.

DATES OF TRYOUTS:

Saturday, August 17th

9:00-10:15AM - Non-Evaluated Skate (If registration numbers are high this may become another evaluated skills session).

1:30-2:45 PM - Skills Session

Sunday, August 18th

9:00-10:15AM - Scrimmage

1:30-2:45 PM - Scrimmage

** Tryouts schedule is subject to change depending on registration numbers.

PLAYER INTERVIEWS:

At this time we do not have the registration information from the respective North Island zone associations, but this is what we are tentatively planning for player interviews at this time:

If possible we will do interviews for players from Gold River, Tri-Port and Powell River associations on the Sunday after the second scrimmage ends (doing all player interviews on Sunday is likely not going to be possible).

For the Comox Valley players we will do interviews in Courtenay on Mon. Aug 19 or Tues. Aug 20 afternoon at the Comox Valley Sports Centre (Time and Location TBD).

For the Campbell River players, we will do interviews on Mon. Aug 19 or Tues. Aug 20 evening at the CRMHA Office (Time TBD).

** The players will be sent interview times to avoid people having to sit and wait for their interviews.

** Players selected to the team and players still being evaluated should expect to be on the ice the week of Aug 19-23 (Dates and times TBA).

ROSTERS/AP's:

We are permitted to roster and AP players from the Gold River, Tri-Port, Powell River, Comox Valley, and Campbell River associations. To be selected as an AP, it is strongly recommended that players attend tryouts. We will be looking to roster 15 skaters and 2 goaltenders. The number of AP's carried will be determined based on evaluations.

PRACTICES & OFF-ICE/DRYLAND TRAINING:

There will be three (3) practices per week, split between Campbell River and Comox Valley based on team composition and ice availability (one practice may be a morning practice).

We will have a minimum of one off-ice training session per week. It will be on Tuesday or Wednesday. This will be scheduled once we have confirmation on practice ice availability.

** We will be looking to add practices/skill sessions, off-ice training sessions, team-building and community involvement activities on "non-game" weekends. This may include traveling to practice in our other partner North Island Associations (Tri-Port, Powell River, Gold River).

REGULAR SEASON/PLAYOFFS:

- Five (5) Tiering Round Games
- Twelve (12) Regular Season Games
- Playoffs TBD

EXHIBITION GAMES:

We will be looking to play exhibition games against competition that challenge the team (10 exhibition games +/-). We are going to be creative with these!

** This is a zone team and will be treated as such. Once the team has been selected we will do our best to schedule practices and games in communities based on the composition of the team.

TOURNAMENTS:

We have applied to and/or submitted expressions of interest to the following tournaments:

- Hockey Calgary U13 Thanksgiving Classic **OR** Richmond Jets Ice Breaker Rep Tournament (Oct. 11-14/24)
- Rustlers Remembrance Day Classic - Ridge Meadows (Nov. 8-11/24)
- Pat Quinn Classic - Burnaby (Dec. 27-31/24) - To be discussed as a group.
- Semiahmoo Ravens - White Rock (Jan. 10-12/25)
- Vernon Coca Cola Classic PeeWee Invitational Hockey Tournament (Feb. 6-9/25)

PROVINCIAL CHAMPIONSHIPS:

BC Hockey has recently selected us to host the U13 Tier 1 2024-2025 Provincial Championships from March 16th-March 23rd, 2025. As host associations we are guaranteed a spot in these championships.

COMMUNITY INVOLVEMENT / VOLUNTEERING:

The team will be involved within the community. As a group, we will identify where we can help out and do our very best to do so. This is VERY important.

SPORTS PERFORMANCE COUNSELOR:

We will be working with Dave Lige (Inner Sports Leadership) to help players with the mental aspect of the game. Dave is based in Ridge Meadows, so our plan/goal is to do team session(s) with him when we are over on the Lower Mainland for games/tournaments, etc. and have him available via Skype to the individual players throughout the season as requested (this model has proven to be very effective with previous groups).

GOALTENDING COACH:

Nolan Kurceba will be the team's goal-tending coach this upcoming season. Nolan is based out of Parksville. Nolan will be attending some of our evening practices in Comox with the intention of inviting other goalies (perhaps from the CRMHA and CVMHA U13 T2 Teams) to make these truly dedicated goaltender sessions). We may also journey down to Parksville occasionally to do goal-tending skill sessions there).

TRANSPORTATION:

We have a certified 21 passenger bus (Handi-Dart Style) and driver to be used for team activities if/as required. The hope is to lessen the driving burden for families, when it makes sense.

COACHING STAFF:

Dennis Bellavance (Head Coach) Non-Parent

Remainder of the coaching staff will be announced soon.

COST OF PROGRAM:

We understand that this is an important factor, but it is difficult to provide a figure at this time. We will do our very best to make this an affordable experience for players and families. I am hoping the teams budget will be consistent with other local rep teams' budgets (+/-).

SUMMARY:

- 90 to 100 practices/skills session(s)
- 45 to 50 games (+/-)
- 2:1 practice to game ratio
- 4 Tournaments (+/-)
- BC Championships (Provincials)
- 30 off-ice training sessions (+/-)
- Video Sessions
- Team Building Activities
- Community Involvement/Volunteering

With this busy schedule, load management will be important, giving the group rest when necessary.

It is going to be a full seven month season that will take us through the BC Championships in late March!

Please feel free to call, text or email with any questions you may have.

Cell #: (250)-205-0572

Email: dennisdks@telus.net

Enjoy the sunshine, hope to see you in August!

Take Care,

Dennis Bellavance

North Island Zone U13 T1 Bears