



**Hello Hockey Families:**

This is an information letter on U13 East Kootenay Avalanche camp. The goal is for the players to have a positive experience as they are sorted into the appropriate level for the upcoming season. Team rosters will be released one week prior to camp at the latest.

**Camp Schedule (times subject to change, all at Memorial Arena in Cranbrook)**

Friday, Sept 6: Practices			Saturday, Sept 7: Games			Sunday, Sept 8: Games		
Time	Team	Team	Time	Team	Team	Time	Team	Team
4:45-6:00	Black 1	Red 1	8:00-9:00	All Goalie Session		8:00-9:00	Black 4	Red 4
6:15-7:30	Black 2	Red 2	10:30-11:30	Black 1	Red 2	9:15-10:15	Black 5	Black 6
7:45-9:00	Black 3	Red 3	11:45-12:45	Black 2	Red 3	Player Releases		
			1:00-2:00	Black 3	Red 1	1:00-2:00	Black	Red
			3:30-4:30	Black 1	Red 3	Player Releases		
			4:45-5:45	Black 2	Red 1	Avs Player Social / Parent Meeting to follow		
			6:00-7:00	Black 3	Red 2			
			Player Releases					

**Player Evaluation and Releases:** Player evaluation is by CMHA policy with evaluators from Cranbrook and other EK community(ies). Evaluators do not have player names, birth years, or home communities. Players are notified if they have been released, or will carry on, through the **CMHA Website** ([www.cranbrookminorhockey.com](http://www.cranbrookminorhockey.com)). If a player's name is not present on the updated list, the player has been released from the U13 Avalanche. Released players from Cranbrook and Kimberley are still eligible to be selected for the U13 Cranbrook Bucks.

**U13 EK Avalanche Overview**

- Games: Alberta Elite Hockey League, AA division: 34 games (17 home, 17 away). Pre-Season Tournament in Lethbridge (Sept 13-15). 1-2 other tournaments in BC to be determined. Provincial championships in March.
- Team Travel: Some trips done by charter bus, others in personal vehicles.
- Practices: 2 on ice practices per week in Cranbrook or Kimberley, 1 off ice training session per week which will always be the same day as on ice. Morning practices are not expected and practice schedule may be adapted some weeks due to other factors.
- Affiliates: Players may be affiliated from any community where there is at least one player on the Avs.
- Team Fees: Expected to be \$500/month until fundraised monies offset. Mandatory apple pie fundraiser to be held October 12.

**Head Coach: Carson Loftsgard**

- AC/co-HC of top EK U13 teams in 2021-2022 and 2022-2023, AC/Skills Coach Kimberley Dynamiters since 2015, AC/HC minor hockey U7-U13 since 2015.
- Hockey Canada certified at Development 1 and Skills Coach.
- Teacher at Selkirk Secondary School in Kimberley.

**Have a great summer and see you in September!**