

BE A PART OF AN AMAZING TRIP TO PLZEN, CZECH REPUBLIC PLAYING THE BEST SPORT IN THE WORLD!



U15 PILSEN CUP 2020

*Your chance to play the best European
U15 players in ball hockey!*

HOST COMMITTEE
HBC PLZEN



"A GREAT EXPERIENCE PLAYING THE BEST BALL HOCKEY CLUBS IN THE WORLD!"

WEST COAST EXPRESS



BALL HOCKEY CLUB
(CANADA)

November 1, 2019

To interested parents and players,

I am excited to share with you an amazing year and opportunity coming up! I have been working with Josef Kadane, President of the Plzen Ball Hockey Club (Association) in the Czech Republic for the past 14 years and we have put together another high level tournament for 2020. It is with great excitement that the West Coast Express Ball Hockey Club Program, representing Canada, (that I manage and coach) is looking for interested parents/players for this U15 (born 2005 & 2006) trip.

This tournament that will take place June 19-21, 2020 showcases the top U15 'club' ball hockey teams in the world with teams from Slovakia, Czech Republic, Switzerland and Germany to name a few. This will be Canada's fifth time participating in this world event, we have won gold, silver, and bronze and the organizer's are very excited we are coming back!

The goal is to have a full team roster in place by January 10th, 2020 to do so we are first asking for players that have played at a Western or National level. If we need to, we would have a mini camp in late January to fill the balance of the team. We feel this would be a great trip for many young talented players looking to experience ball hockey at a world level as well as see a part of the world that only past alumni Junior Team Canada and West Coast Express players have had the opportunity to experience.

The idea (*with the costs on the second page*) is having either one parent/one player combo or a two parent/1 player combo for travel and participation (we can accomodate a family of 4, but would need to work out extra costs). We would depart on Saturday, June 13th and return on Monday, June 22nd. The trip would include three nights/ three days sightseeing in Prague, Czech Republic including a riverboat private dinner cruise and the balance of the trip (5 days) in the city of Plzen located just an hour from Prague for the tournament. The pricing attached includes: ground team/parents transportation (team bus and tram/metro system passes), hotels each in both Plzen and Prague, breakfast buffet each morning, hotel wifi, Prague dinner cruise, team fees for apparel, practice time, equipment and tournament entry fees (airfare extra).

I have had the opportunity to travel there with the Junior Team Canada Program for many camps and tournaments and this will be my 18th time to that area. I look forward taking players and parents to this area and offering them an unbelievable family trip taking in the sights of Prague and Plzen. **I look forward to hearing from you before December 15th** with your interest and if would be committed for this in June? For more information feel free to contact me direct.

Regards,

Gary Slavin,
West Coach Express Program Director/Head Coach
gslavin31@gmail.com

"A program dedicated to creating an enviroment for talented players to play at elite levels"



U15 PLZEN CHALLENGE CUP

WEST COAST EXPRESS PROGRAM U15 PLZEN CUP

Group trip: JUNE 13th-22nd, 2020

Hotels (8 nights):

Plzen Marriott Hotel:

The rooms have two queen beds and can accommodate up to 2 adults and two children. Located in the main square of Plzen.

Residence Leon D'Oro:

The rooms have two queen beds and can accommodate up to 2 adults and two children in family suites. Located steps from Old Town Square.

Both hotels include: Breakfast hot/cold buffet, free wifi, all hotel taxes. (If looking for more than 4 to a room or two shared rooms, please let me know and can get quote from group manager)

Team transportation:

Includes bus transportation for family group - from airport to Prague Hotel; Prague Hotel to Plzen Marriott Hotel and Plzen to Prague Airport. To and from arena every day for games and practices for players, tram tickets for parents/siblings to and from arena. As well as a 24 hour metro pass (subway and trams) in Prague for one sightseeing day abroad city area.

Tournament player fees:

This is to cover tournament entry fees for the team based on team of 18 players. One game jersey, one game shorts, one team t-shirt, one team dryfit shirt, one team hoodie. As well as team extra's - combination of equipment, water bottles, balls, first aid, minimal coverage for staff expense, Plzen practice floor time cost, team stick bag for flight transportation, pre travel practice and exhibition floor times, referees if needed for exgames, organizational pre-travel costs, any other miscellaneous costs.

All you need overseas is money for lunch and dinner!

PLEASE NOTE: This does not include flight costs - see info to the right.

To all players and parents,

Ready to take on the world? My name is Gary Slavin, I have been a part of the Team Canada program since 2008 and Director & Head Coach of the West Coast Express International Program traveling to Prague and Plzen for the past 12 years for ball hockey. Plzen HBC is looking forward to us bringing our U15 team to their tournament. For June 2020 they have asked for our U15 (2005/2006 born) team representing Canada to come back and compete in their tournament as past gold, silver and bronze medalist! They have teams from Slovakia, Czech Republic, Switzerland, Germany and Austria. I would like to take this opportunity to invite your son to the team!

The tournament will run over three days, up to six games in total, with the medal round on the Sunday, but we travel ahead to sightsee with players and parents in Prague and to do team building. Our travel itinerary is as follows:

- Depart Canada for Prague on Saturday, June 13th
- Arrive in Prague Airport on Sunday, June 14th (late morning)
- Depart by team bus from Prague airport to Residence Leon D'Oro (in city centre / same day)
- Check in to Hotel in Prague for 3 nights steps to Old Town Square and restaurants
- Sightseeing in Prague (Monday, Tuesday all day and Wednesday morning)
- Team Prague riverboat cruise with all families on Monday, June 15th
- Travel by team bus from Prague to Plzen Wednesday late morning / check in to Plzen Marriott
- Practice Wednesday night / set up dressing room
- Practice Thursday (mid morning on tournament floor - rest of day open for families)
- Friday to Sunday tournament
- Depart team bus to Prague Airport (Monday, June 22nd early morning)
- Arrive in Canada later same day (June 22nd)

Total nights: 3 nights Prague / 5 nights Plzen

IMPORTANT DATES:

- First round of team/core commitments selection to be made by December 15th, 2019
- Player fee deposit of \$1000.00 by January 31st, 2020 (for player's selected above)
- Balance of Team Player fees to be paid by March 1st, 2020

COSTS:

- For one parent/one player combo = \$2,200.00
- For two parents/ one player combo = \$2,450.00
- For two parents/ one player, one sibling combo = \$2,650.00

Includes: ground bus transportation (travel within Czech Republic, transportation to and from the arena by bus for players, One 24hr tram pass in Prague, tram tickets for parents to and from arena, hotel 3 nights in Prague, Dinner Cruise in Prague, hotel 5 nights in Plzen, includes free wifi and hot/cold buffet breakfast each morning, players: team entry, team equipment, practice and exhibition game costs, apparel and other expenses noted to the left column. **Food, beverage, sightseeing and souvenirs as well as flight/baggage and travel insurance is at your own expense. (Does not include airfare - see below)**

Currently the fees for the above are based on 11 forwards, 6 defense, 2 goaltender. We look forward to a great week in Czech Republic and the goal to bring home european gold again!!! This is a great experience on and off the floor - its a stepping stone for players that dream to play for Junior Team Canada one day!

Approx flight costs: Vancouver to Prague/return \$1250.00 cdn each

NOTE: All parents/players are on their own to arrange flights and payment, but I do put together a group booking if you choose to travel with the team at your expense. If not all are asked to land in Prague by 11am on Sunday, June 14th and not to book return Prague departure flight any earlier than 10:00am on Monday, June 22nd. This is due to team bus pickup/arrivals times. I did arrange a group booking last trip for 90% of the parents and players -if you are interested in this, please let me know as it will make your travel arrangements much easier.



PLZEN ACCOMMODATIONS



PRAGUE ACCOMMODATIONS



RESIDENCE LEON D'ORO

PRAGUE, OLD TOWN SQUARE

West Coast Express (Prague) Accommodations PRAGUE, CZECH REPUBLIC

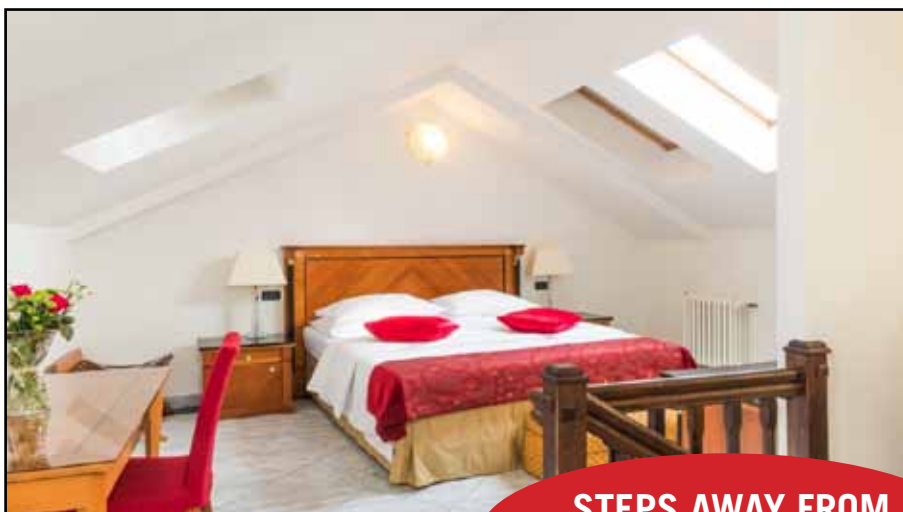
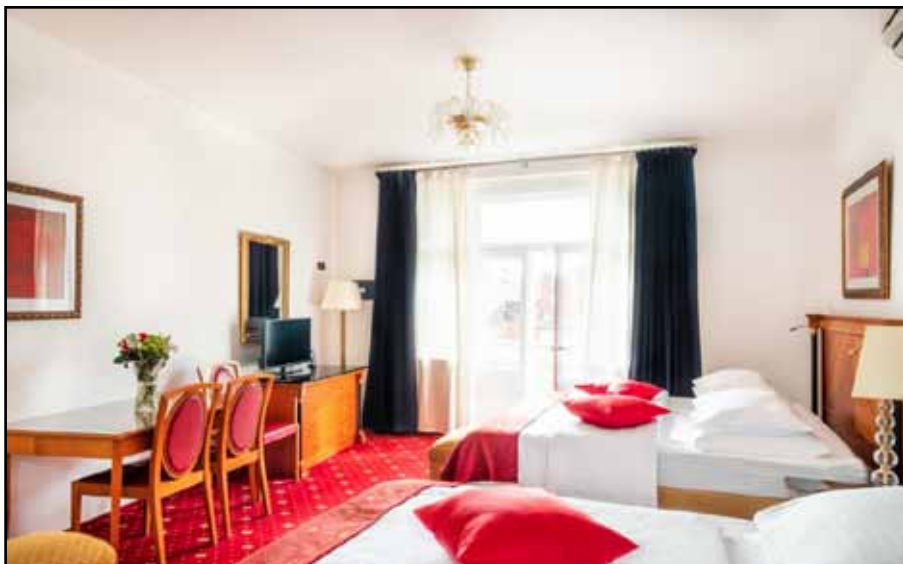
Havelska 29, 110 00, Prague 1, Czech Republic

Discover all Prague has to offer just steps away from the hotel!

Welcome to the Prague Hotel Leon D'Oro! The 4 star Hotel Leon D'Oro of Italian style gives you the opportunity to enjoy the beautiful city of Prague while making you feel at home. Our new family rooms and suites are especially designed for comfort, leisure and to enjoy your family vacation.

Our luxury hotel in Prague has a unique location in the middle of the historical city centre and where from everything can be reached on foot – the Wenceslas square, Old Town Square or Jewish Quarter.

All of our 90 rooms & suites (25 Standard Double or Twin rooms, 5 Suites with Terrace & 60 Multiple bedded room) have parquet or tile floors, stucco ceilings and combination of modern & antique furniture and are well equipped with A/C, flat screen TV with satellite, telephone and in-room safe. The bathrooms feature tile or marble, showers or Jacuzzi, bidet and hairdryer with toiletries and some of them with kitchenette.



**STEPS AWAY FROM
OLD TOWN SQUARE!!!**



COURTYARD[®]
Marriott[®]

PLZEN

West Coast Express (Plzen) Accommodations **PLZEN, CZECH REPUBLIC**

Sady 5. kvetna 57 Plzen 301 00 Czech Republic

Experience western Czech Republic from our Pilsen hotel

The Courtyard Pilsen welcomes you to the Czech Republic with modern luxury, helpful amenities, and an impeccable hotel location in the city's historic district. Whether you're here to work or to explore landmarks including St. Bartholomew Cathedral, Plzen Zoo, and the Pilsner Urquell brewery, our hotel will make you feel right at home. Spacious accommodation features free Wi-Fi, deluxe bedding, flat-screen TVs, and picturesque views of Pilsen, the City of Culture 2015. Stop by Pils'n'Grill Restaurant for flavorful dining and a glass of the city's famed beer, or fit in a workout at our fully equipped on-site gym. If you're planning a meeting or social event here in the Czech Republic, you can take advantage of our venue space, including the impressive Plzen Ballroom. And history buffs will be captivated by the stunning Gothic, Renaissance, and Baroque architecture that surrounds our hotel here in Pilsen's fascinating downtown area. We look forward to making your time here truly special at the Courtyard Pilsen.



www.marriott.com/hotels/travel/prgpz-courtyard-pilsen/



U15 PLZEN CHALLENGE CUP

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Group trip: JUNE 13th-22nd, 2020

Transportation in Czech Republic



All players, family and staff will have our own team busses for travel to and from Airport, and to and from Plzen (1.5 hours away from Prague).

For ground transportation during trip we will be using city tram and subway transportation in Prague. During the tournament in Plzen, the rink is a tram ride away from the hotel for the parents. For the players and staff, we will have a team bus to and from the arena.

Pictured (above) is the team bus we have for our travel. Below is tram and subway system in Prague and tram in Plzen.



Tram system in Prague



Subway system in Prague



Tram system in Plzen (#4 goes from hotel area to arena)

Currency and suggestion for bank cards

EUROS are an option in Prague / but czk used mostly

1 EURO = \$1.41 CAD	150 EURO = \$211.19 CAD
2 EURO = \$2.82 CAD	200 EURO = \$281.59 CAD
5 EURO = \$7.04 CAD	500 EURO = \$703.98 CAD
10 EURO = \$14.08 CAD	
15 EURO = \$21.12 CAD	
20 EURO = \$28.16 CAD	
50 EURO = \$70.40 CAD	
75 EURO = \$105.60 CAD	
100 EURO = \$140.80 CAD	
125 EURO = \$175.99 CAD	



CZECH KROUN (czk) should only be used Plzen

1 CZK = 0.05 CAD	1,500 CZK = \$78.00 CAD
20 CZK = \$1.04 CAD	2,000 CZK = \$104.00 CAD
50 CZK = \$2.60 CAD	5,000 CZK = \$260.00 CAD
100 CZK = \$5.20 CAD	
200 CZK = \$10.40 CAD	
350 CZK = \$18.20 CAD	
500 CZK = \$26.00 CAD	
600 CZK = \$31.20 CAD	
750 CZK = \$39.00 CAD	
1,000 CZK = \$52.00 CAD	



(currency exchange as of January 28th, 2017)

As the player/family meals include breakfast each day with hotel stay. Player/family are responsible for the cost of lunch and dinner. We will be planning a couple of team dinner outings. As well all should have extra funds while in airports for meals and snacks / souvenirs in each city. Lunches in Prague can be bought for approx. 200 czk and dinners around 300 czk.. In Prague lunch prices are similar to Canada and budget approx. 300czk for lunches and 350-400 for dinners.

Use of Debit and Credit Cards overseas in Prague and Plzen, Czech Republic

Before you leave:

Call your card company or go online and notify of foreign travel.

Know your pin.

Know your daily withdrawal limit.

Upon arrival:

At bank or hotel ATM, withdraw enough currency for a few days of small purchases and food. Use your credit card for larger purchases, expensive souvenirs.

The ATM is easily the best way to get cash. There are ATMs everywhere in Europe (airports, train stations, scattered across cities, etc). Pretty much every ATM has an English language option so you don't have to worry about knowing the local language. You will also be given the exact current exchange rate

(money change offices often give you a bad conversion rate). You'll still want to be aware of a few things:

Use A Debit Card:

You do not want to use your credit card at the ATM. Using a credit card will be treated as a "cash advance" and you will be hit with huge fees. Make sure you only use an ATM or debit card. **4 Digit PIN Code:** Your ATM card has to have a 4 digit numerical PIN code. European machines won't accept longer numbers. Unlike American keypads, European pads don't have letters on them so make sure you know your number.

Have The Right Kind Of Card: Make sure your debit card/ credit cards have the cirrus or plus logo on them (pretty much every Visa or MasterCard will

have one). Cards with this logo will pretty much work all over Europe.

Bank Fees: Your bank probably charges a fee when you use another bank's ATM — this applies to international ATMs too. The fees will either be a flat fee (usually between \$1-\$5) and/or a small percentage of the withdrawal (1-2%). If your bank charges a flat fee it is wiser to withdraw large chunks at a time.

Stick To Bank ATMs:

There are a decent amount of third party ATMs that aren't affiliated with banks. I would avoid these because they might charge higher fees. I recommend just sticking to ATMs that are owned by major banks.

Best to use cash:

In both cities best to use cash at businesses and restaurants



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Tournament Arena

PLZEN HBC ARENA

We are very pleased and thankful that the Plzen Ball Hockey Association has welcomed us again to the Plzen Cup.

This arena was originally built to host the Women's Worlds, and now is used for their youth and men's ball hockey programs. The players will be able to get used to the flooring in the first two days as we have two practice times.

The arena has a full size outdoor track and soccer pitch where the players can do warm ups and dryland training. The arena does not allow alcohol in the building being a minor event, but does have a concession for hotdogs, hamburgers and drinks.

During the days in Plzen, we have a designated dressing room where we can store all our player gear and sticks. We do not need to take anything to the hotel in Plzen.

Suggested that players bring towels, water bottles will be supplied. We look forward to PHBC Director Josef Kadane and his people hosting another great tournament.



COUNTRIES PARTICIPATING:      

Plzen Cup organizers are working hard to have a 8 team tournament this year.

Mandatory player equipment

KNEE/SHIN PROTECTION MUST BE D-GEL #555 GUARDS.

To prepare our players for the World Championships, all players will have to have or purchase D-Gel Leg Pads (#555) for the tournament. These will be mandatory equipment that West Coast Express Staff expect our players to wear. If you have this style of D-gel already, you do not have to order unless the knee pad part of the D-Gel is ripped or torn. One 'clean looking' set is mandatory. To purchase them, you can get them at the Hockey Shop in Surrey. If your son has not worn these before, I suggest he start using them in regular season play to get used to them.



ALL PLAYERS MUST HAVE A CSA CERTIFIED BLACK HELMET.

U15 - full CSA cage (black/white/silver/grey) and CSA helmet to be used (black/white or red).



PLAYERS MUST HAVE HOCKEY GLOVES with majority of the colour being black if possible but can be red and/or white for other colours. No other 'main' glove colours please.





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Welcome to the West Coast Express!

For those players and parents looking to commit to the upcoming tournament in Plzen, Czech Republic, please fill out the following information and have it returned to Gary Slavin at gslavin31@gmail.com by December 15th, 2019. Hoping to have roster completed by mid January. Deposits will be needed by January 31st, 2020. More information to follow in late January.

PLAYER FULL NAME:

FULL BIRTHDATE:

POSITION: (specific LW,C,RW,LD,RD):

SHOOTS:

HGT:

WGT:

BALL HOCKEY - ACHIEVEMENTS/YEARS/LEVEL & ASSOCIATION YOU ARE FROM:

ICE HOCKEY ACHIEVEMENTS (if played):

PARENTS NAMES:

EMAIL CONTACTS:

PHONE CONTACTS:

HOME ADDRESS:

Approx who will be traveling to Czech Republic in your family group (Total with player):



U15 PLZEN CHALLENGE CUP

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U15 WEST COAST EXPRESS FAMILY ORDER FORM:

For parents and family that are traveling to the Czech Republic show our team colours in the arena and around the cities! Order your West Coast Apparel today and all items will be delivered the same time with the player apparel so you will be ready for the trip!!

Please fill out the information below for Jersey and/or T-shirt and/or Hoodie orders. All payments must be by etransfer to gslavin31@gmail.com by February 1st, 2020. Etransfer password answer must be WCE2020

PLAYERS ALREADY RECEIVE THESE IN FEE PACKAGE

Jersey Name (on back please print)	Size (Adult sizing)	Number	Jersey Colour (Black or Red or White)	Price

Hoodie	Size	Price

T-Shirt	Size	Price

Etransfer total amount:



AUTHENTIC
PERSONALIZED
JERSEY
\$100.00 ea.



HOODIES
\$60.00 ea.

T-SHIRTS
\$25.00 ea.



Name of person ordered: _____

email: _____

phone number: _____



U15 PLZEN CHALLENGE CUP

WEST COAST EXPRESS PROGRAM U15 PLZEN CUP

Group trip: JUNE 13th-22nd, 2020

PRAGUE PRIVATE TEAM RIVERBOAT DINNER TOUR - MONDAY, JUNE 15TH

Part of your player fees/parent package includes the Riverboat Dinner Cruise.

The Prague Boat cruises are located at Dvorak Embankment (Dvorakovo nabrezi) by Cech Bridge (Cechuv most). Location is shown on map below. See Prague by night as we travel down the Vltava River. Both sides of the boat lit by the buildings of Prague.

The cruise will be three hours and include a buffet dinner, along with a cash only bar available during the cruise. There will be covered areas both below inside cabin and above in open patio.

See all the great sites of Prague at night!

