



## **Saanich Braves 2017 Training Camp**

On behalf of the Saanich Braves Junior Hockey Club it gives me great pleasure to invite you to participate in our 2017 training camp.

Training camp will begin on Saturday August 26<sup>th</sup> and run through September 9<sup>th</sup>. During this time we will have many players coming and going throughout camp to attend various Jr. A main camps as well as Western Hockey League main camps. During this 2 week period we have 3 Exhibition Games, and 2 Regular Season games scheduled which could possibly give many players a true opportunity to show they can play at the junior level.

You will find our training camp itinerary below and will notice we open up camp with fitness testing on August 26<sup>th</sup>. We expect players to show up to camp in shape and fit for competition as we expect a very competitive camp. Fitness testing will be comprised of 5 components that include upper body, lower body, and stamina/cardio. We expect players to train accordingly throughout the off-season and compete for top spots in the fit test results.

The Braves program is highly regarded by the Hockey Community and provides its players with an environment in which to develop their skills to the fullest potential. Players may also complete or further their education in Saanich at both the high school and post-secondary levels. The Braves organization believes in developing and promoting its players and providing maximum exposure to the BCHL/ Jr A, WHL, and college hockey programs throughout North America in the hope of assisting you, the player, to the next level of your hockey and educational career. We look forward to seeing you at our camp in shape and ready to compete for a spot on our club for the 2017-2018 season.

Sam Waterfield, Head Coach / General Manager



## **Saanich Braves Junior Hockey** **2017 Training Camp Itinerary**

<b>Saturday</b> <b>August 26th-</b>	<b>(please bring ID and Care card)</b> 11am Arrive @ Pearkes Arena 11:15am Training Camp Orientation 12:00pm Fitness Testing 6:15-7:35pm On-Ice
<b>Sunday</b> <b>August 27th-</b>	6:30pm Arrive @ Pearkes Arena 7:30-8:50pm On-Ice
<b>Monday</b> <b>August 28th-</b>	2:30pm Arrive @ Pearkes Arena 3:30-4:50pm Practice All Scratched Players 5:15pm Arrive Archie Browning 7:00pm Exhibition @ Victoria
<b>Tuesday</b> <b>August 29th-</b>	2:30pm Arrive @ Pearkes Arena 3:30-4:50pm On-Ice
<b>Wednesday</b> <b>August 30th-</b>	2:30pm Arrive @ Pearkes Arena 3:30-4:50pm On-Ice



**Thursday**

**August 31st-** 2:30 Arrive @ Pearkes Arena  
3:30-4:50pm On-Ice

**Friday**

**September 1st-** 4:30pm Arrive @ Pearkes Arena  
6:00pm Warm-Up  
6:30pm Exhibition vs. Peninsula

**Saturday**

**September 2nd-** 5:00pm Arrive @ Pearkes Arena  
8:00pm Exhibition @ Peninsula

**Sunday**

**September 3rd- OFF**

**Monday**

**September 4th- OFF**

**Tuesday**

**September 5th-** 1:15pm Arrive @ Pearkes Arena  
2:00-3:15pm Practice



**Wednesday**

**September 6th-**

8:15pm Arrive @ Pearkes Arena  
9:00-10:20pm Practice

**Thursday**

**September 7th-**

1:30pm Arrive @ Pearkes Arena  
2:30-3:20pm Practice

**Friday**

**September 8th-**

**Home Opener**  
6:30pm Vs Peninsula

**Saturday**

**September 9th-**

1:15pm Arrive @ Pearkes Arena  
1:30pm Bus to Campbell River  
7:30pm Game @ Campbell River

**Sunday**

**September 10th-**

**OFF**



## Contact Numbers

Pearkes Arena: 3100 Tillicum Road, Victoria, BC, V9A 6T2  
Telephone: 475-5400

VP of Hockey Operations  
Brad Cook: 250-686-7725

Head Coach/GM  
Sam Waterfield: 778-977-5556

Associate Coach  
Mackenzie Valentine: 250-216-1533