



# **VANCOUVER PRE-SEASON TRIP** **DETAILED ITINERARY**

(As of June 25<sup>th</sup>, 2018)

## **DAY 1 -- Saturday September 1<sup>st</sup>, 2018**

8:45am – Coach Bus Departs Nelson HS for Pearson Airport

10:00am – Arrive at Toronto Pearson Airport Terminal 3 and Check-In

12:00pm – WestJet Flight departs to Vancouver (**WS709**) [5 Hrs 10mins]

2:10pm – Flight Arrives at Vancouver Intl Airport – Terminal M

3:10pm – Coach Bus Departs Airport for Hotel

4:00pm – Arrive at Hotel

**PINNACLE HOTEL VANCOUVER HARBOURFRONT**

<http://www.pinnacleharbourfronthotel.com/>

**1133 WEST HASTINGS STREET**

**VANCOUVER, BC V6E3T3**

**604-689-9211**

5:00pm – Dinner (**Own Cost**)

6:10pm – Walk to King George Secondary School for Practice (15min Walk)

**1689 BARCLAY STREET**

**VANCOUVER, BC**

(Grass Soccer Field)

6:30pm – Practice (6:30-8:30pm)

8:30pm – Return to Hotel (15min Walk)

10:00pm – Curfew

11:00pm – Lights Out

## **DAY 2 -- Sunday September 2<sup>nd</sup>, 2018**

8:15am – Breakfast (On your own if you want to eat)

9:00am – Free Time – Explore Waterfront

10:00am – Meet with Handsworth Players and have City Walking Tour

12:30pm – Lunch (Own Cost) & Return to Hotel

3:45pm - Walk to King George Secondary School for Practice (15min Walk)

**1689 BARCLAY STREET  
VANCOUVER, BC  
(Grass Soccer Field)**

4:00pm – Practice (4:00-6:00pm)

6:00pm – Return to Hotel (15min Walk)

7:00pm – Team Dinner (Own Cost)

8:30pm – Return to Hotel

10:00pm – Curfew

11:00pm – Lights Out

## **DAY 3 -- Monday September 3<sup>rd</sup>, 2018**

7:30am – Breakfast (On your own if you want to eat)

8:00am – Walking Tour to Stanley Park – Visit Native Heritage Sites  
(Totem Poles, etc).

11:30am – School Bus departs for Handsworth SS – North Vancouver

12:15pm – Arrive at Handsworth

1:15pm – Pregame Warmup

2:00pm – Pre-Season game vs. Handsworth Royals

5:30pm – Post Game Dinner/Social with Royals Football

7:30pm – Return to Hotel

8:00pm – Free Time

10:00pm – Curfew

11:00pm – Lights Out

## **DAY 4 -- Tuesday September 4<sup>th</sup>, 2018**

- 7:30am – Breakfast (On your own if you want to eat)
- 8:15am – Coach Bus Departs for Whistler (Sea to Sky Highway)
- 10:45am – Arrive at Whistler Village
- 11:30am – Ride the Whistler/Blackcomb PEAK TO PEAK Gondola
- 12:30pm – Lunch (Own Cost) at top of Mountain (or when we return to village)
- 1:30pm – Free time in Whistler Village/Olympic Plaza
- 3:30pm – Bus Returns to Vancouver (Hotel)
- 5:45pm – Arrive at Hotel
- 7:00pm – Team Dinner (Own Cost)
- 10:00pm - Curfew
- 11:00pm – Lights Out

## **DAY 5 -- Wednesday September 5<sup>th</sup>, 2018**

- 7:30am – Breakfast (On your own if you want to eat)
  - 8:45am – School Bus departs to UBC for University Visit/Tour
- DOUG MITCHELL SPORTS CENTER - UBC  
6066 THUNDERBIRD BLVD  
VANCOUVER, BC V6T 1Z3**
- 9:30am – Visit to UBC Football/Tour University and Football facilities
  - 11:45am – Lunch at UBC Cafeteria (Own Cost)
  - 1:30pm – Team Practice at Thunderbird Stadium (2 Hours)
  - 3:30pm – School Bus Returns to Hotel
  - 6:30pm – Dinner (Own Cost)
  - 8:00pm – Free Time
  - 10:00pm - Curfew
  - 11:00pm – Lights Out

## **DAY 6 -- Thursday September 6<sup>th</sup>, 2018**

8:30am – Breakfast (**On your own if you want to eat**)

10:45am – Depart for Tsawwassen Ferry Terminal

**TSAWASSEN FERRY TERMINAL – BC FERRIES  
1 FERRY CAUSEWAY, DELTA, BC V4M 4G6**

1:00pm – Board BC Ferries to Schwartz Bay (Victoria) (Food for sale on Board)

2:30pm – Arrive in Schwartz Bay & School Bus to Mount Douglas HS  
(May stop for food on route – **Own Cost**)

3:45pm – Arrive at Mount Douglas HS

4:45pm – Integrated Practice with Mount Douglas Rams (2 Hours)

6:45pm – School Bus return to Schwartz Ferry Terminal (Victoria)

**SCHWARTZ BAY FERRY TERMINAL – BC FERRIES  
11300 Pat Bay Highway, Sidney, BC V8L 3S8**

9:00pm – Board BC Ferries to Tsawwassen (Mainland) (Food for sale on Board)

10:45pm – School Bus to Hotel

11:30pm – Arrive at Hotel

12:00am – Curfew/Lights Out

## **DAY 7 -- Friday September 7<sup>th</sup>, 2018**

7:00am – Breakfast (**On your own if you want to eat**)

8:00am – School Bus departs to Handsworth SS

9:00am – Visit/Interaction with Twin Group

11:00am – Lunch (**Own Cost**)

12:30pm - Visit to Grouse Mountain & Complete the “Grouse Grind Hike”  
to the top. (Tram return to bottom)

3:00pm – Return to Hotel

5:00pm – Walk to BC Place Stadium – Dinner on Route (**Own Cost**)

7:00pm – Attend Ottawa Redblacks vs. BC Lions CFL Game

10:15pm – Walk back to Hotel

12:00am – Curfew/Lights Out

## **DAY 8 -- Saturday September 8<sup>th</sup>, 2018**

8:00am – Breakfast (**On your own if you want to eat**)

9:45am – Check out of Hotel and Coach Bus depart for Airport

10:30am – Arrive Vancouver International Airport Terminal M

1:00pm – WestJet Flight departs to Toronto (**WS714**) [4 Hrs 28mins]

8:30pm – Arrive Toronto Pearson International Airport

9:00pm – Coach Bus departs Pearson Intl Airport.

10:00pm – Team Bus arrives at Nelson HS

- Food Costs will be your responsibility.
- All Transportation/Tours will be covered by the team.





## **TRAINING CAMP SCHEDULE – MANDATORY PRACTICES**

- ◆ **Wednesday August 22<sup>nd</sup>, 2018** – Equipment Pickup 10am - Noon
- ◆ **Thursday August 23<sup>rd</sup>, 2018** – Equipment Pickup 10am - Noon

### **TRAINING CAMP PRACTICE SCHEDULE**

- ◆ **Saturday August 25<sup>th</sup>, 2018** - Practice 10:00am – 12:00pm  
(We won't have access to the school so bring all equipment home!)
- ◆ **Sunday August 26<sup>th</sup>, 2018** – Practice 6:00pm – 8:00pm (**PRIMETIME PRACTICE!**)  
(We won't have access to the school so bring all equipment home!)
- ◆ **Monday August 27<sup>th</sup>, 2018** – Practice 1:00 – 3:00pm
- ◆ **Tuesday August 28<sup>th</sup>, 2018** – Practice 9:00-11:00am & 2:30-4:00pm
- ◆ **Wednesday August 29<sup>th</sup>, 2018** – Practice 9:00-11:00am & 2:30-4:00pm
- ◆ **Thursday August 30<sup>th</sup>, 2018** – Practice 9:00-11:00am & 2:30-4:00pm
- ◆ **Friday August 31<sup>st</sup>, 2018** – Joint Practice with MacNab Lions 10:00am-Noon (Nelson Stadium)

### **PRE-SEASON SCHEDULE – SEE DETAILED TRIP INTINERARY ATTACHED**

- ◆ **Saturday September 1<sup>st</sup>, 2018** – TRAVEL DAY  
Practice (6:00-7:30pm in Vancouver)
- ◆ **Sunday September 2<sup>nd</sup>, 2018** – Pre-Game Walkthrough 3:00 – 5:00pm
- ◆ **Monday September 3<sup>rd</sup>, 2018** - Game vs. Handsworth Royals
- ◆ **Tuesday September 4<sup>th</sup>, 2018** – Day Off
- ◆ **Wednesday September 5<sup>th</sup>, 2018** – Practice – UBC
- ◆ **Thursday September 6<sup>th</sup>, 2018** – Practice at Mount Douglas HS – Victoria BC
- ◆ **Friday September 7<sup>th</sup>, 2018** – Day Off
- ◆ **Saturday September 8<sup>th</sup>, 2018** – Travel Day (No Practice)