

Silver Totems Annual Sports Camp

The 19 Wing Silver Totems Old Timers Hockey Club held their 13th Annual Sports Camp at Glacier Gardens August 17-23 for one hundred Comox Valley young people, ages 7-14.

Naturally, anything on this scale is preceded by months of behind-the-scenes work, and a flurry of meetings by the organisers, the 19 Wing Silver Totems. Lesson plans were built up, scheduling was finalised, the Admin Order was done up, jerseys were ordered and the final registrations were processed.

In what has become an annual event, the Silver Totems volunteered to paint lines over a three day period at Glacier Gardens.

On Sunday the registration process was finalised, parents were given instructions, and children were fitted for jerseys be-

fore going out for a light skate, where the levels of students could be assessed by our coaching-certified staff. On Monday the camp began. It consisted of power skating, hockey fundamentals (on and off ice training), a tour of the Wing, and various other recreational activities (swimming, soccer, ball hockey). Most students were particularly impressed with seeing an Aurora aircraft up close, and, arguably, loved their time spent in the pool more than the ice time!

Each day of camp began at 0 Dark 30 for some groups, and continued to 1700 hrs. Parents were delighted with the results, as the three age groups played a final intra-squad game on Saturday August 23.

The team agreed to match the \$170 collected from the Saturday 50/50



The 19 Wing Silver Totems Old Timers Hockey Club held their 13th Annual Sports Camp this past August. The week-long event was open to 100 young people from the Comox Valley.

draw's, for a total of \$340 to once again contribute to the Soldier on Fund. This program will assist in the rehabilitation, through sport, of our wounded and injured CF members. The hockey club takes great pride in supporting this cause to help soldiers with disabilities strive to reach new goals.

The team would like to thank 407 Sqn, Wing ATC, 442 Sqn, and Wing Transport for their support. We would also like to express our appreciation to the Fitness Sports & Recreation Staff.



An instructor goes over some of the rules and plays important to the sport, before hitting the ice for some practice.



Participants enjoyed a wide range of events, including swimming, ball hockey and golf.



The camp instructors taught the students about all aspects of the game of hockey, and concluded with an intra-squad game.



The Silver Totems donated \$340 to the Soldier On Fund. The money was partially raised through a 50/50 draw, and donated by the team.

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