2012-13 Main Training Camp

Monday, 20 August 2012

Spruce Kings Blue and White will battle it out this weekend during Main Camp

The Prince George Spruce Kings 2012-13 main training camp starts on Friday August 24th and runs through the weekend with a series of practices, fitness testing and three Blue and White Intra-Squad Games.

Registration for the main camp will take place at the Prince George Coliseum between 1:00pm and 2:00pm on Friday August 24th. The first group of players (Team Blue) will then hit the ice at 3:00pm for the first practice session followed by Team White at 4:30pm. The two teams will then meet up for the first of three Intra-Squad Games on Friday night at 8:00pm..

Ice times will continue with morning practices and an afternoon session of fitness testing at the Spruce Kings official training centre, The Factory Hockey Training facility.

The excitement and expectation of returning to the ice is reaching its peak as players begin arriving in Prince George for the Spruce Kings main camp with the goal of finding their name in one of the possible twenty two man roster spots. Returning players along with off-season acquisitions and top prospects that skated in the Spruce Kings Spring Camp back in April, will all take to the ice Friday afternoon.

Fans are more than welcome to come down to the rink and check out all of the action on the ice during the main camp. Following the Main Camp this weekend, the Spruce Kings will then play a total of four games in their exhibition schedule including an Inter-League game against the Grande Prairie Storm of the Alberta Junior Hockey League on Saturday September 1st at 7:00pm in the Prince George Coliseum.

The Spruce Kings start the preseaon in Chase on August 28th with the first of two neutral site games against the Trail Smoke Eaters. On August 30th, the Spruce Kings will be in Grande Priaire to face the Storm before completing that home-and-home on Saturday night. The Spruce Kings regular season will start with the BCHL Showcase in Chilliwack where the Spruce Kings will face the Merritt Centennials on September 8th and the Langley Rivermen on September 9th. (see full schedule for more information).

FRIDAY, AUGUST 24

1:00pm - 2:00pm
Camp Registration in the Coliseum Lobby

SESSION 1
3:00pm - 4:15pm
Team Blue (1) Practice

4:30pm - 5:45pm
Team White (2) Practice

Intra-Squad Game #1
8:00pm - 10:00pm
Spruce Kings White vs Spruce Kings Blue

SATURDAY, AUGUST 25

SESSION 3
10:00am - 11:30am
Team White (2) Practice

11:45am - 1:15pm
Team Blue (1) Practice

SESSION 4
2:00pm - 3:30pm
Team White Fitness Training

3:30pm - 5:00pm
Team Blue Fitness Training

Fitness testing will take place at The Factory Hockey Training facility at 1839 1st Avenue

Intra-Squad Game #2
8:00pm - 10:00pm
Spruce Kings Blue vs Spruce Kings White

SUNDAY, AUGUST 26

SESSION 6
9:00am - 10:00am
Team Blue (1) Practice

10:15am - 11:15am
Team White (2) Practice

Intra-Squad Game #3
1:30pm - 4:00pm
Spruce Kings White vs Spruce Kings Blue

*All ice times are at the Prince George Coliseum