



2023 Recruitment Guide

SICAMOUS EAGLES JUNIOR HOCKEY CLUB

KIJHL ACTION
EAGLES VS CHIEFS
2022-2023 SEASON



OUR PROGRAM



The Sicamous Eagles Junior Hockey Club was founded in 1994 and plays in the Kootenay International Junior Hockey League, the biggest and possibly the most competitive Jr B league in Canada.

The Eagles have been crowned KIJHL Champions three times, in their inaugural season in 1994-95, in 2001-02 and in 2005-06. The Eagles went on to win the Cyclone Taylor Cup twice and the Keystone Cup once.

The Eagles have quite the history of producing NHL caliber talent including Shea Weber, Andrew Ebbett, Kris Beech, Deryk Engelland and Cody Franson to name a few.

The Club is a registered society and is community owned and led by a board of directors whom are elected annually at its AGM. The board sets policy and direction for the club each year. As a community owned team we rely heavily on the local community and businesses for their support.

Sicamous plays in the Doug Birks Division of the KIJHL and is located near all BCHL teams in the Okanagan Division and conveniently close to the majority of the KIJHL Okanagan division.



The Kootenay International Junior Hockey League is committed to providing players the greatest possible competition, development (talent, character, education), opportunity and exposure, so that they are best able to achieve long term success on an athletic, a personal, and an academic level.

The KIJHL has gained a well-known reputation as a source of quality talent and league alumni can be found at virtually every level of hockey, including the NHL, WHL, BCHL, CJHL, BCIHL, NCAA and CIS.

The league consistently places players in the BCHL, AJHL, SJHL, and MJHL which are platforms to the NCAA and CIS. Players can also graduate directly to the BCIHL, NCAA D3, and ACAC.

Over the past six seasons, the KIJHL has placed an average of over 40 players per season in Jr. A and Post Secondary programs.



KIJHL MISSION STATEMENT
"WORKING TOGETHER TO PROMOTE
HOCKEY EXCELLENCE, EDUCATION,
AND LIFE SKILLS"

OUR COMMUNITY



Sicamous is the 'Gateway to the Shuswap', one of the most beautiful regions of Canada offering plenty of opportunity to explore outdoor activities all year round. We are conveniently located at the junction of Highway 97A and the Trans Canada Hwy #1, providing easy access to the Okanagan to the South, the Cariboo to the North and the Rocky Mountains and Alberta to the East. We are less than 20 minutes to Salmon Arm, 40 minutes to Vernon, 45 minutes to Revelstoke and 1.5 hours away from Kelowna and Kamloops.

Sicamous has a population of approximately 2500 people year round which can explode to 7500 in the summer and increases again during sledding season.



Sicamous is known for its diverse landscape, warm calm lakes and recreational opportunities. From cabins to kayaking, camping to snowmobiling, hiking to houseboating and everything in between, whether you are looking to relax or for something more adventurous, Sicamous has it for you.

Our players participate in various outdoor activities like hikes, beach volleyball and water sports. A skatepark, ball diamonds, basketball court and curling rink are right in our backyard.

EDUCATION

Education is a major component in the Sicamous Eagles program. We are committed to providing you with the opportunity to obtain the best possible education and prepare you for your post secondary education. Whether your goal is to obtain a U.S. college scholarship or to play post secondary hockey in Canada, we will actively promote you as a student-athlete.

EDUCATION SERVICES

- Career and Personal Planning
- SAT Exam Preparation
- Provincial and Scholarship exam preparation
- Mentorship Reading Program



EAGLE RIVER SECONDARY SCHOOL

It's only a 5 minute walk from the Sicamous Arena to Eagle River Secondary where all Eagles high school-aged players attend. Class schedules are structured to work well with hockey commitments.



OKANAGAN COLLEGE (SALMON ARM)

Players who have graduated from high school and are interested in completing college coursework while playing for the Eagles are encouraged to attend Okanagan College. Located just 20 minutes from Sicamous, OC offers a wide range of first and second year university transfer courses.



UNIVERSITY OF BRITISH COLUMBIA (Okanagan)

UBC is a global centre for teaching, learning and research, consistently ranked among the top 20 public universities in the world. UBC's Okanagan campus is an intimate learning community embracing bold new ways of thinking that attract exceptional students and faculty.



GM & HEAD COACH



NICK
DESCHENES



GM &
HEAD COACH

The Sicamous Eagles GM and Head Coach is Nick Deschenes.

Nick comes to the organization with experience coaching in the BCHL and the KIJHL, bringing the discipline and commitment to improving players through structured living and fitness. Nick is a former player in the AJHL, NCAA Yale University, AHL, ECHL, DEL (Germany), Italy Serie A, and the Netherlands.

Nick considers his coaching style to be cerebral; he likes to analyze the game and enjoys all its intricacies. He is a firm and demanding coach that continues to motivate and encourage players to be their best both on and off the ice. His philosophy is junior hockey in small communities is a special thing that can provide purpose and identity. When Nick was in Grand Forks, he saw that firsthand and realized how important it was to have a team that exemplifies positive characteristics like work ethic and community spirit. Nick believes that communities give players and coaches the opportunity to play... creating a positive impact in the community as everyone has a "stake" in the team!

FACILITIES



The Sicamous & District Recreation Centre is the home of the Sicamous Eagles. It has an NHL sized ice surface at 85' x 200' with a total seating capacity of 400 people. The Eagles utilize the arena's Weight Room which was renovated and has new equipment as of 2022.



The Sicamous Eagles have their own dressing room with a private arena entrance that is less than 200' away from the "Eagles Nest". Each player has their own stall and we have amenities such as WiFi, TV, Stereo, Workout Equipment, Ping Pong Table, Laundry Facility, Fridge & Freezer.



PLAYER EXPERIENCE - THE NEST



The Sicamous Eagles live in the "Eagles Nest". We lease a fully equipped residence adjacent to the arena aptly named the "Eagles Nest". That's right, we live in the backyard of our arena. The "Nest" consists of 12 rooms with bunk beds, each player shares a room with a teammate and has their own bed, dresser and desk. Full shower, bathroom and laundry facilities are shared by the players. The hub of the residence has a full kitchen, dining hall, and common area with TV and couches. The "Nest" is stocked with options for breakfast and lunch. Dinners are provided every evening. Coaching staff live on site to supervise and mentor the players on the responsibilities of daily life.



PLAYER EXPERIENCE

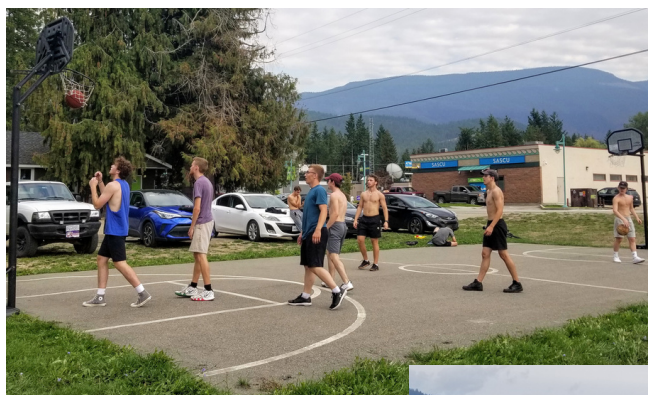
What to Bring

Players are welcome to bring a computer/laptop, TV and a gaming console for their rooms, however you must also provide and wear headphones when in use.

Bedding is provided for each bed which includes a mattress cover, 2 sheets, a comforter, a pillow and 2 pillow cases. It wouldn't hurt to bring your favourite blanket, pillows and their cases.

Bring your Health Card(s), Drivers License/ID and Passport.

Winter tires will be needed but until the snow flies you'll need your swimsuit, golf clubs and your ball glove.



FEE SCHEDULE

2023/24 Season Fees

REGISTRATION: \$7000

BILLETING: \$850/MONTH

Billet fees are charged on the 1st of each month

LEAGUE FEES: \$850

League fees are paid directly to the KIJHL



CONTACT INFO

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