



Participant and Parent Information Package

Welcome to the 2024 Killick Coast Games

The Killick Coast Games take place every summer to inspire fun and friendly competition. The Killick Coast is made up of six towns that make the North East Avalon Coast. The six towns that are represented by the Killick Coast are Portugal Cove- St. Philip's, Logy Bay-Middle Cove-Outer Cove, Torbay, Bauline, Flatrock and Pouch Cove. Within this united section of communities, the Killick Coast Games are an opportunity for youth from each of the communities to play different sports against one another. Sports include ball hockey, softball, basketball, soccer and cross country.

This year's games are hosted by the Town of Portugal Cove – St. Philip's. The games will take place in Rainbow Gully Park and Voisey's Brook Park from Sunday, July 28th to Thursday, August 1st.

Thank you to our sponsors



Premium Sponsor



Nourishment Sponsor

Thank you to the Killick Coast communities



Updates and Information

All updates will be provided on the official 2024 Killick Coast Games Facebook page, and through email via Kyle McGuirk, PCSP Recreation Coordinator. If you are a participant or parent, we recommend to **join this group before July 25** to receive the most up-to-date information.

Join the group by following this link, please allow 24 hours for access to the group:

 **Killick Coast Games 2024**

 **<https://www.facebook.com/groups/428438759571350>**

This page will serve as one of the main points of communication for all activities surrounding the games. This includes the schedules, and any updates/changes made to it - we encourage all participants, parents, staff, and volunteers to check this page frequently for changes and the latest updates, as they are provided as they become available.

 **kyle.mcguirk@pcsp.ca**

Weather





All information regarding weather cancellations or delays will be posted when they become available. Alternate locations due to weather:

- Basketball - Brookside Intermediate School (1165 Thorburn Road)
- Soccer - games will continue on turf field in rain, but a decision will be made if unfavourable weather persists.
- All other sporting events will be rescheduled.
- Schedules may change if there are weather interruptions to allow for a maximum amount of sporting events to continue.



Facilities

Rainbow Gully Park

-  22 Rainbow Gully Drive - drive to end of road  Blue zone parking available
-  Washrooms available for public use  First aid station - for medical and patient access only.



The Games

- Softball, ball hockey, and soccer games will take place in Rainbow Gully Park.
- Basketball will take place inside Brookside Intermediate School in the gym.

The Facility

- Blue zone and stall parking are available inside Rainbow Gully Park.
- Washrooms are available for public use outside of Rainbow Gully Hut.
- First Aid is in Rainbow Gully Hut for medical and patient access only.
- There is an area currently under construction between the softball field, and Brookside Intermediate. The trails are still accessible, but please use caution in the area.
- Brookside Intermediate: blue zone and stall parking are available, but do not park in the area highlighted in red in the map; this area must be kept clear for emergency access. Canteen services are available in the cafeteria, cash only.
- Please see map for details.

Voisey's Brook Park

-  914 Indian Meal Line  Blue zone parking available  Washrooms available for public use

The Games

- Cross country events will take place in Voisey's Brook Park.

The Facility

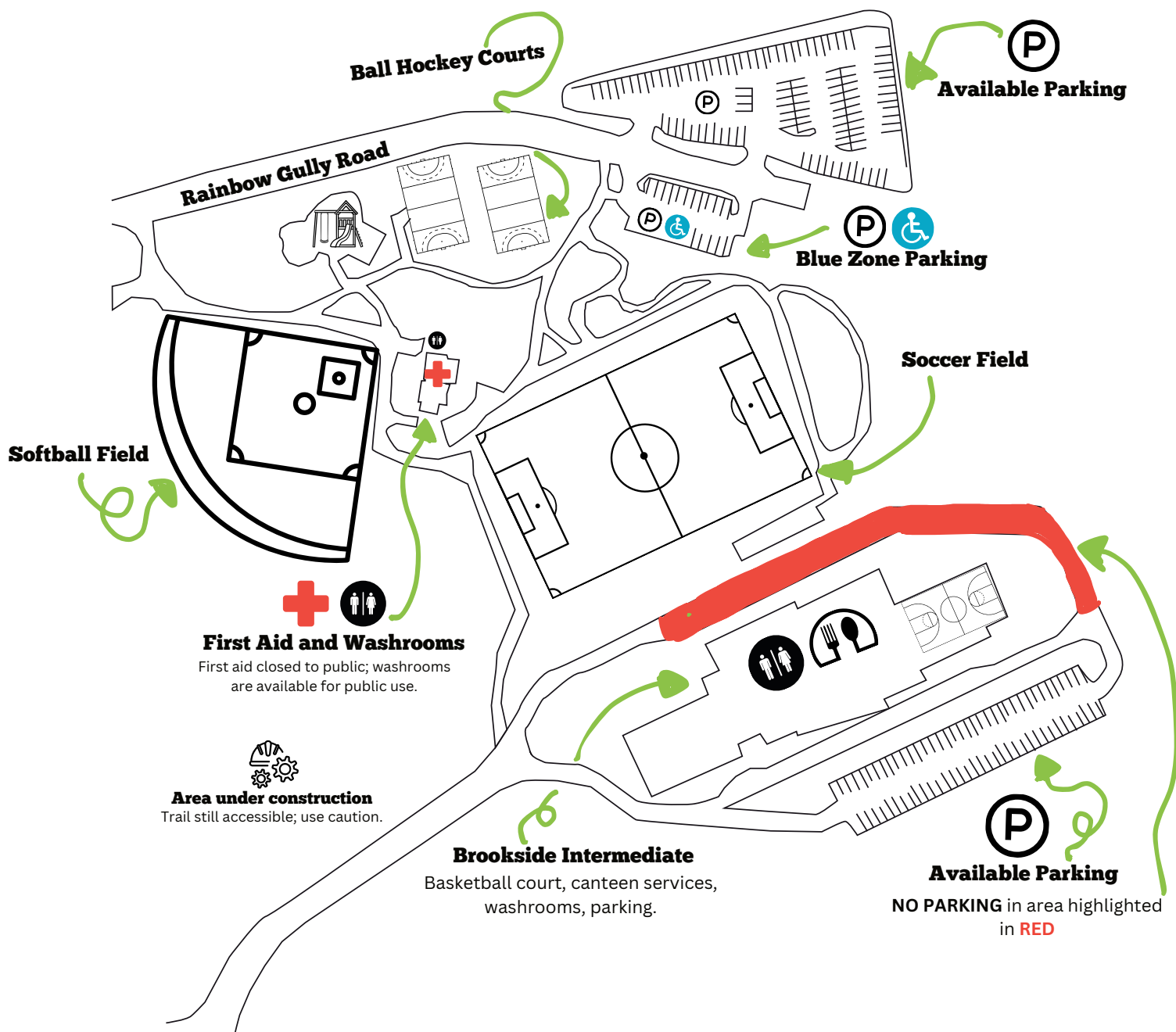
- Blue zone and stall parking are available in Voisey's Brook Park.
- Washrooms are available for public use inside the Voisey's Brook Hut.
- First aid kits will be available on site.
- Public dog park will be in use during duration of games.
- Please see map for details.



Facilities Map

Rainbow Gully Park

First Aid and Parking Map



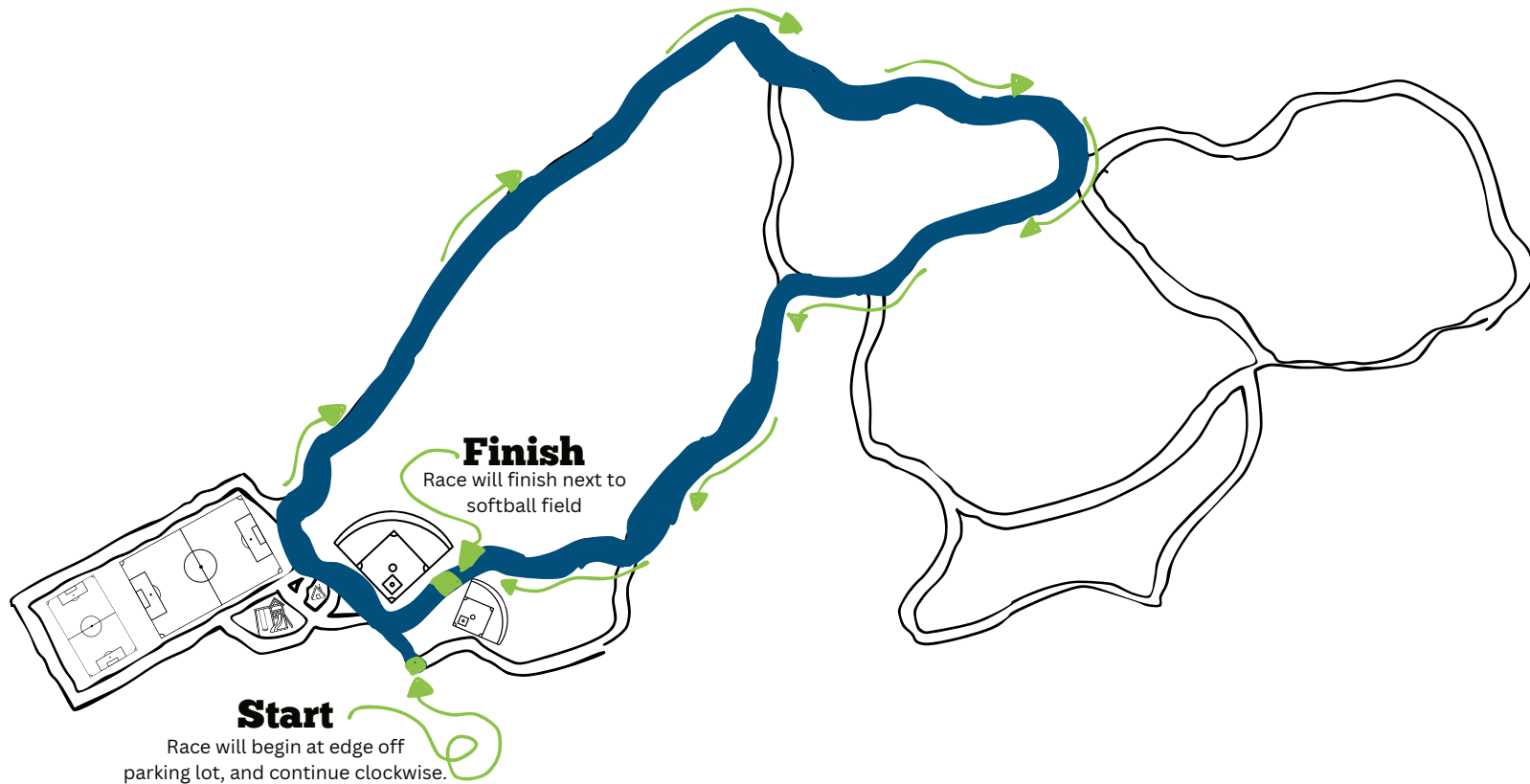
Please note: this map is not to scale, and does not include all green areas, sidewalks and stairs. First aid access is for medical and patient personnel only, washrooms are located outside of the Rainbow Gully Hut. There is a small area under construction, but the trails are still accessible - please use caution through this area.



Cross Country Run Maps

Voisey's Brook Park

Cross Country Run Map



Race Details

Athletes born in 2012 and 2013 may race. 1.5 km track, please arrive by 8:45 am. Begins edge of parking lot, and continue clockwise. Race will finish next to softball field.

Voisey's Brook Park

📍 914 Indian Meal Line ♿ Blue zone parking available

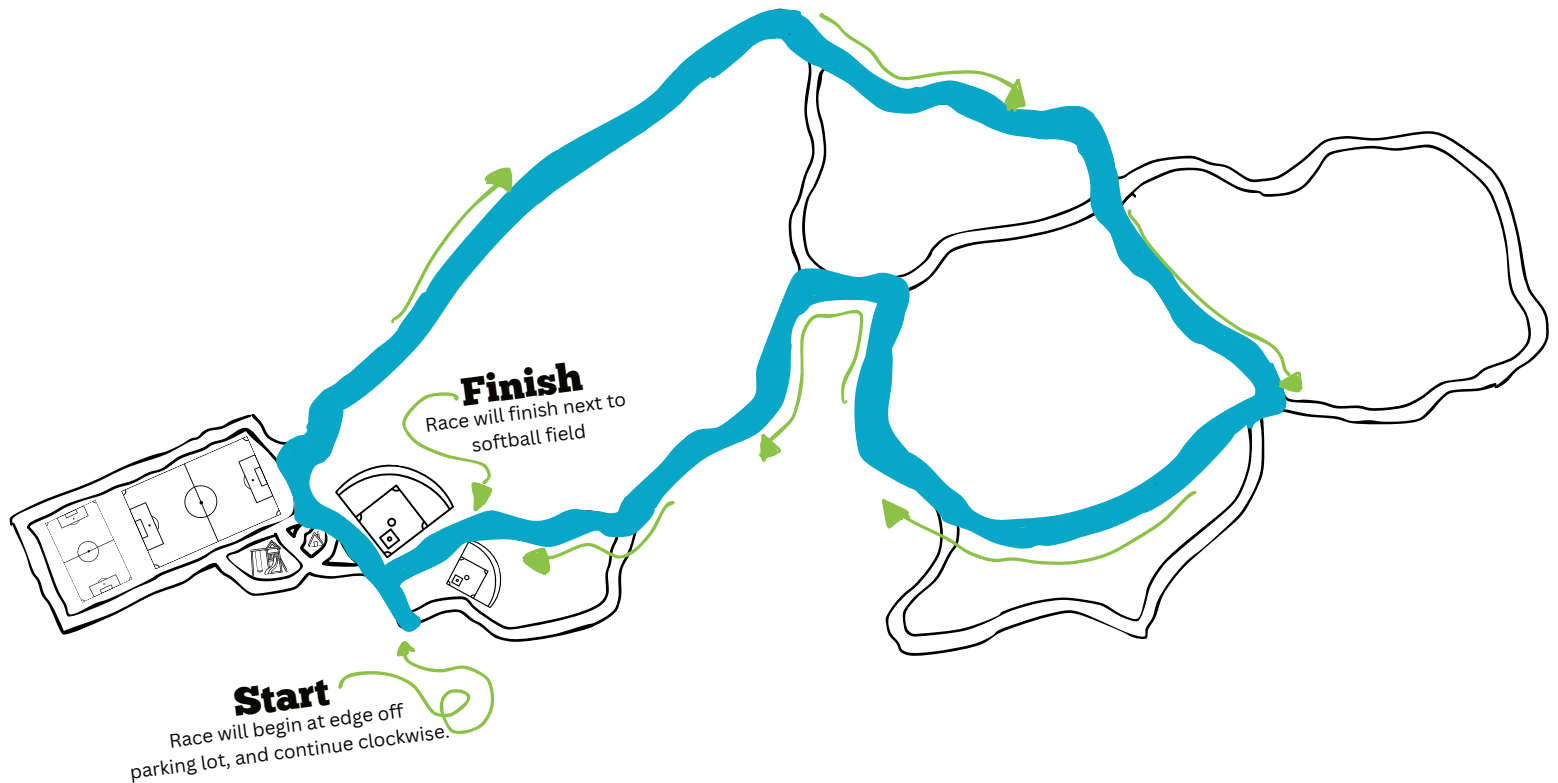
🚻 Washrooms available for public use



Cross Country Run Maps

Voisey's Brook Park

Cross Country Run Map



Race Details

Athletes born in 2010 and 2011 may race. 2.0 km track, please arrive by 8:45 am
Begins edge of parking lot, and continue clockwise. Race will finish next to softball field.

Voisey's Brook Park

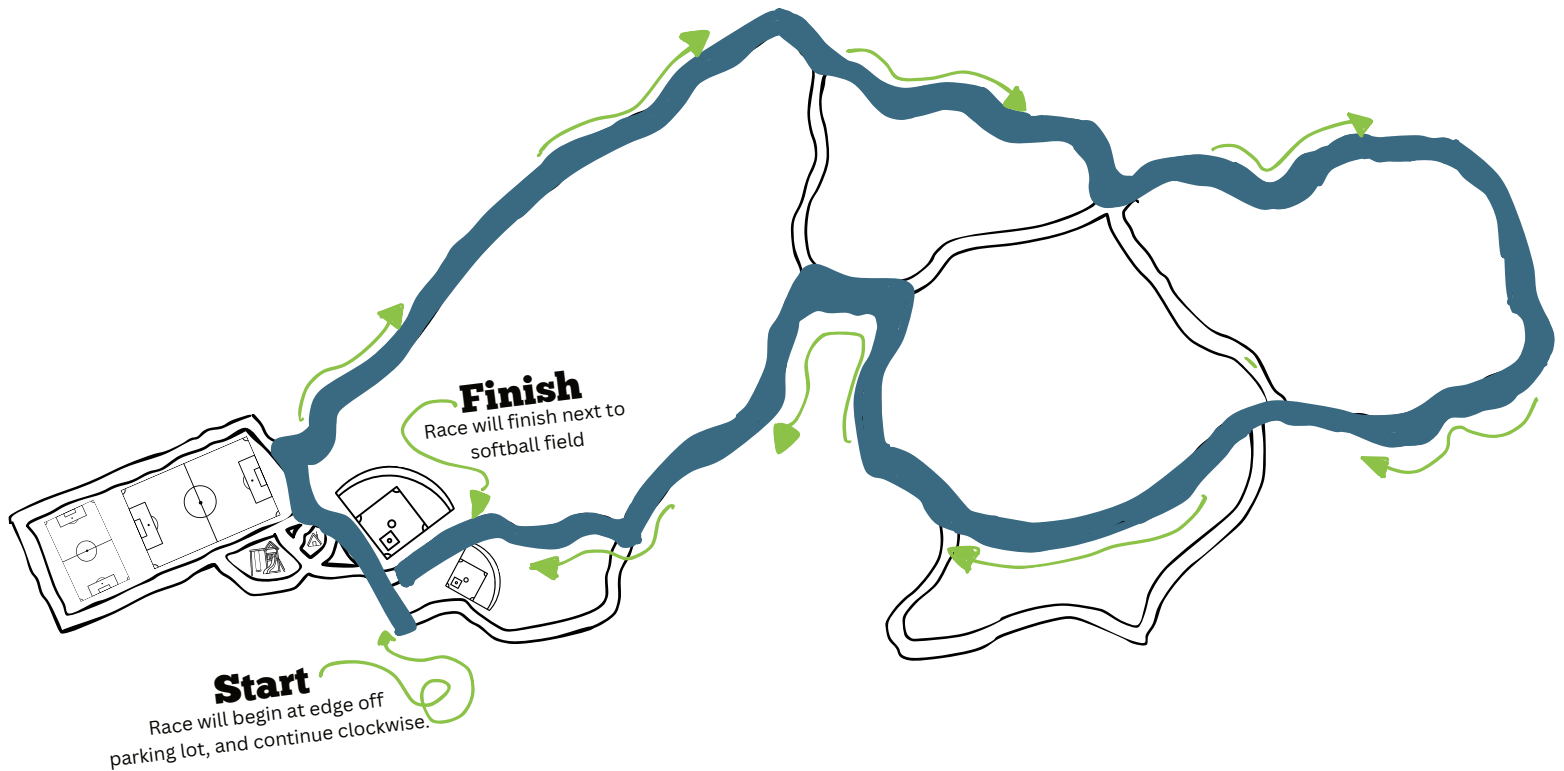
- 📍 914 Indian Meal Line ♿ Blue zone parking available
- 🚻 Washrooms available for public use



Cross Country Run Maps

Voisey's Brook Park

Cross Country Run Map



Race Details

Athletes born in 2007, 2008 and 2009 may race. 2.5 km track, please arrive by 8:45 am. Begins edge of parking lot, and continue clockwise. Race will finish next to softball field.

Voisey's Brook Park

- 📍 914 Indian Meal Line 🚻 Blue zone parking available
- 🚻 Washrooms available for public use



Canteen

Proudly Sponsored By:



Each athlete and coach have been given a lanyard with their meal card in their athletic packages for the duration of the week. Each day corresponds to the colours listed below. While we will provide peanut free snacks and meals, we cannot guarantee a peanut free environment. In addition, we will have gluten-free options available for snacks and meals, but we cannot guarantee a gluten-free environment.

Meal cards cover: snacks (2), water (1), Gatorade (1) and lunch each day.

Water stations will be available to refill a reusable bottle at each sport site, and there will be additional items available at the canteen for purchase.

Sunday Monday Tuesday Wednesday Thursday

**Thank you to Made to Move Physio and Wellness
for being the Nourishment Sponsor!**



<https://www.madetomovephysio.com/>



Canteen

Proudly Sponsored By:



Sunday, July 28

Available to Athletes

Meal

Hamburgers | Cheeseburgers | Hot Dogs | Chicken Burgers | Nachos

Snacks

Fruit and Yogurt | Veggies and Ranch | Made Good Bars | Rice Krispie Treats
Cheese | Goldfish Crackers | Granola Bars | Fruit Mix | Ritz Cracker Bites | Little
Bites | Fruit Snacks

Canteen Items available for Purchase

Hamburgers	\$2.00
Cheeseburgers	\$3.00
Hot Dogs	\$1.00
Cheese Stick	\$0.50
Chips	\$1.00
Water	\$1.00
Gatorade	\$2.00
Granola Bar	\$0.50
Mr. Freezie	\$1.00
Tea	\$1.00
Coffee	\$1.00



Canteen

Proudly Sponsored By:



Monday, July 29

Available to Athletes

Meal

Mac and Cheese | Hamburgers | Cheeseburgers | Hot Dogs | Chicken Burgers | Nachos

Snacks

Fruit and Yogurt | Veggies and Ranch | Made Good Bars | Rice Krispie Treats Cheese | Goldfish Crackers | Granola Bars | Fruit Mix | Ritz Cracker Bites | Little Bites | Fruit Snacks

Canteen Items available for Purchase

Hamburgers	\$2.00
Cheeseburgers	\$3.00
Hot Dogs	\$1.00
Cheese Stick	\$0.50
Chips	\$1.00
Water	\$1.00
Gatorade	\$2.00
Granola Bar	\$0.50
Mr. Freezie	\$1.00
Tea	\$1.00
Coffee	\$1.00



Canteen

Proudly Sponsored By:



Tuesday, July 30

Available to Athletes

Meal

Pizza | Hamburgers | Cheeseburgers | Hot Dogs | Chicken Burgers |
Nachos

Snacks

Fruit and Yogurt | Veggies and Ranch | Made Good Bars | Rice Krispie Treats
Cheese | Goldfish Crackers | Granola Bars | Fruit Mix | Ritz Cracker Bites | Little
Bites | Fruit Snacks

Canteen Items available for Purchase

Hamburgers	\$2.00
Cheeseburgers	\$3.00
Hot Dogs	\$1.00
Cheese Stick	\$0.50
Chips	\$1.00
Water	\$1.00
Gatorade	\$2.00
Granola Bar	\$0.50
Mr. Freezie	\$1.00
Tea	\$1.00
Coffee	\$1.00



Canteen

Proudly Sponsored By:



Wednesday, July 31

Available to Athletes

Meal

Spaghetti and Meatballs | Hamburgers | Cheeseburgers | Hot Dogs |
Chicken Burgers | Nachos

Snacks

Fruit and Yogurt | Veggies and Ranch | Made Good Bars | Rice Krispie Treats
Cheese | Goldfish Crackers | Granola Bars | Fruit Mix | Ritz Cracker Bites | Little
Bites | Fruit Snacks

Canteen Items available for Purchase

Hamburgers	\$2.00
Cheeseburgers	\$3.00
Hot Dogs	\$1.00
Cheese Stick	\$0.50
Chips	\$1.00
Water	\$1.00
Gatorade	\$2.00
Granola Bar	\$0.50
Mr. Freezie	\$1.00
Tea	\$1.00
Coffee	\$1.00



Canteen

Proudly Sponsored By:



Thursday, August 1

Available to Athletes

Meal

Pancakes and Sausage | Hamburgers | Cheeseburgers | Hot Dogs |
Chicken Burgers | Nachos

Snacks

Fruit and Yogurt | Veggies and Ranch | Made Good Bars | Rice Krispie Treats
Cheese | Goldfish Crackers | Granola Bars | Fruit Mix | Ritz Cracker Bites | Little
Bites | Fruit Snacks

Canteen Items available for Purchase

Hamburgers	\$2.00
Cheeseburgers	\$3.00
Hot Dogs	\$1.00
Cheese Stick	\$0.50
Chips	\$1.00
Water	\$1.00
Gatorade	\$2.00
Granola Bar	\$0.50
Mr. Freezie	\$1.00
Tea	\$1.00
Coffee	\$1.00



Equipment Required

Ball Hockey

- Players must supply their own helmets, gloves and sticks.
- Shinpads are highly recommended.
- Goalie gear can be provided by the Town (full face helmet, chest protector, pads, blocker, glove, jersey, stick); persons are encouraged to bring their own if able.

Basketball

- Pinnies will be provided as needed.

Soccer

- Players must wear cleats (no metal), shin pads and socks.

Softball

- Helmets will be provided by the Town of Portugal Cove - St. Philip's
- Bats will be provided by the Town of Portugal Cove - St. Philip's (**NO** outside/player owned bats permitted).
- Catcher gear will be provided by the Town of Portugal Cove - St. Philip's (teams may bring their own).



Frequently Asked Questions

What are the Dates of the Killick Coast Games?

- The Killick Coast Games will run from **Sunday, July 28th to Thursday August 1st**

Where are the Killick Coast Games Located?

- All games will be played in Rainbow Gully Park or Brookside Intermediate School (Basketball Only)
- Voiseys Brook Park will be the location of the Cross-Country Run.

Will I be allowed to Watch my Child Participate?

- Yes! Spectator are welcome to come watch any of the games.
- We ask that all spectators be respectful and courteous to all players, referees, staff, volunteers, and parents throughout the week.

Will my Child be Provided Food During the Week?

- If your child is a registered participant, they will receive a meal card as part of their athlete packages. This will give them 2 snacks, a meal and a drink item during each day of the games.
- Additional food can be purchased from the canteen.
- Athletes are encouraged to bring additional food/drink items with them if needed.

Will there be First Aid Available?

- Yes. We will have a designated site at each location for First Aid.
- In the event of an emergency, please call 911 and let one of our staff members know.

Will there be parking?

- Yes, parking is available but is limited. Parking can be viewed in the maps below.
- We encourage carpooling if parties are able.





Opening Ceremonies

July 28 | 6:30 pm | Rainbow Gully Park

Closing Ceremonies

August 1 | Following Senior Boys Softball Championship
game | Rainbow Gully Park Softball field

Follow the Killick Coast Games Facebook page for updates

 **Killick Coast Games 2024**

 <https://www.facebook.com/groups/428438759571350>

