



Mount Royal Cougars

Visiting Team Guide

HOCKEY

STAFF DIRECTORY

First Name	Last Name	Title	Office Phone (403.440)	Email
Karla	Karch	Director of Athletics and Recreation	7211	kkarch@mtroyal.ca
Katya	Sodamin	Associate Director, Marketing, Partnerships & Sports Information	6968	ksodamin@mtroyal.ca
Aaron	Hilson	Sports Information Supervisor	7218	ahilson@mtroyal.ca
Rob	Godfrey	Associate Director, Athletics	6290	rgodfrey@mtroyal.ca
Kerri	Downer	Head Athletic Therapist	6224	kdowner@mtroyal.ca

First Name	Last Name	Title	Cell Number	E-mail Address
Shawn	Sky	Men's Volleyball Head Coach	403.828.3773	ssky@mtroyal.ca
Rhonda	Schmuland	Women's Volleyball Head Coach	403-478-5806	rschmuland@mtroyal.ca
Josh	Mullen	Men's Basketball Head Coach	403.440.6245	jmullen@mtroyal.ca
Robyn	Fleckenstein	Women's Basketball Head Coach	780.803.6682	rfleckenstein@mtroyal.ca
Ryan	Gyaki	Men's Soccer Head Coach	403.620.6631	rgyaki@mtroyal.ca
Tino	Fusco	Women's Soccer Head Coach	403.471.3484	tfusco@mtroyal.ca
Bert	Gilling	Men's Hockey Head Coach	403.585.6138	bgilling@mtroyal.ca
Scott	Rivett	Women's Hockey Coach	403.990.9820	srivett@mtroyal.ca



#WeAreTheCougars

KEY CONTACTS

CONTACTS ON SITE

KYLE SICAT
HOCKEY SUPERVISOR
cell: 403-973-2616
e-mail: ksica688@mtroyal.ca

AARON HILSON
SPORTS INFORMATION SUPERVISOR
work: 403-440-7218
cell: 905-928-9394
e-mail: ahilson@mtroyal.ca

GENERAL INQUIRIES

AARON HILSON
SPORTS INFORMATION SUPERVISOR
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KATYA SODAMIN
ASSOCIATE DIRECTOR
work: 403-440-6968
cell: 403-554-1506
e-mail: ksodamin@mtroyal.ca

GAME DAY

FLAMES COMMUNITY ARENAS

The Cougars hockey teams take the ice at the Flames Community Arenas, only two minutes off campus. This unique venue has a capacity of 1,200 fans, includes a restaurant and is also home to seven community groups.

2390 47 Ave SW

Calgary, AB Canada T2T 5W5



LOCKER ROOMS

The locker room is located in the Blue Arena. The room should be unlocked and the key will be in the room. If you arrive and the door is locked, please head to the zamboni entrance and ask a rink attendant to open the locker room for you.

FACILITY INFORMATION

PARKING

Visiting teams may park their team buses or vehicles in the back lot on the northwest side of the facility. Fans can park for free.

TOWELS

Visiting teams will receive towels from the Cougars trainer during the pre-game meeting.

ICE

Visiting teams will receive ice from the Cougars trainer during the pre-game meeting. If more is required, please ask the Cougars trainer.

SHOWERS

Visiting team dressing rooms are equipped with showers for the teams.

PRESS BOX ACCESS

There will be **no** access to the press box for visiting teams due to lack of space and safety protocol.

GAME FILM

If the visiting team prefers to set up their own game film camera, please situate the tripod and camera at centre ice in the spectator stands (adjacent to the home team's camera set-up). For support, please ask for the Hockey Supervisor.



**HOTEL BLACKFOOT Welcomes
Mount Royal University
Cougars
SPECIAL Friends and Family
Rate 2024-2025**

**20%
OFF
Regular
Rates**

**Hotel Blackfoot – 8 km to Mount Royal University
Hotel Blackfoot Calgary - Jacuzzi Suites, Pool, Restaurant
<https://reservations.travelclick.com/13627?RatePlanId=8989911>
Access code – MRUFRIEND**



Staying with Hotel Blackfoot

- ✓ Centrally located with easy access
- ✓ Free Spacious parking
- ✓ Breakfast a la carte and buffet available
- ✓ Rooms with 1 or 2 queen beds, or king beds. 193 guest rooms to choose from
- ✓ Outdoor Pool + pool patio
- ✓ 24 Hour Indoor Gym
- ✓ 4 food and beverage outlets to choose from including the Laugh Shop Comedy Club, Lobby Lounge ,and Iconic Sports bar .

Book your secure stay with us by calling 403 252 2253- Ask for “MRU Friends and Family Pricing” -OR- use above link!

ON CAMPUS AMENITIES

TIM HORTONS

Monday - Thursday: 7:00am-10:00pm
Friday: 7:00am-6:00pm
Saturday - Sunday: 8:00am-6:00pm

STARBUCKS EAST GATE

Monday - Thursday: 7:30am-8:00pm
Friday: 7:30am-3:30pm
Saturday: 8:00am-2:00pm
Sunday: Closed

WYCKHAM HOUSE

Monday - Friday: 9:30am - 8:30pm*
Saturday: 10:00am - 3:00pm*
Sunday: Closed*

*Hours vary between restaurants.

WEST GATE SOCIAL

Weekdays 11:00 a.m. to closing (times vary depending on programming)

Some exceptions apply; The Hub is closed weekends, holidays, and for special private rentals.

OFF CAMPUS AMENITIES

SPOT ON KITCHEN

A full-service restaurant which offers discounted meal options to U SPORTS teams. Call (403-240-3619) or email (tim@spotoncalgary.com) General Manager, Tim Ormond 48 hours in advance to reserve.

WILD ROSE

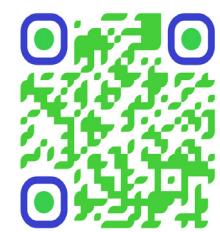
A full-service restaurant and private event space are available to teams.
www.wildrosebrewery.com
403-727-5451



USE PROMO CODE
“MRU15”
For 15% OFF!

Restaurant Menu

Open from 10am-9pm Daily



www.dedicatekitchen.com

Meal Prep Menu

7 Day/Week Delivery or
Pickup!!

825-509-1151
2107 34th Avenue SW, Calgary



#WeAreTheCougars



2 Richard Way SW

(403) 240-3619

www.spotoncalgary.com

Team Menu:

Spot On would like to extend a warm welcome to all teams playing nearby! We are offering the following five items to all teams at \$15 each. Please e-mail pre-orders to Laura Littel at laura@spotoncalgary.com.

California Dreamin' Salad

Mixed greens, cherry tomato, candied almonds, sun dried cranberries, creamy feta cheese, topped with your choice of lemon herb chicken or garlic prawns. Served with grilled focaccia and your choice of dressing. Choose from creamy balsamic, ranch or blue cheese.

Sun is Shining Tacos

Southwestern spiced fish, shredded lettuce, house-made mango salsa, drizzled with avocado lime crema on 2 flour or corn (gf) tortillas. Choice of Kennebec fries, caesar salad or California dreamin' salad.

10" Karouzo Pepperoni Pizza - Same style as served by Louis Karouzo in 1967

House made pizza sauce, pepperoni, mozza cheese

Additional toppings will be an extra charge

Spot On Burger with Cheese

AAA Alberta certified angus patty, cheddar cheese, onion, lettuce, tomato & spicy mayo on a brioche bun. Choice of Kennebec fries, caesar salad or California dreamin' salad. (Substitute with impossible meat patty for vegetarian option)

Lady & The Tramp Meatballs & Spaghetti

Locally raised pork and AAA Alberta certified angus meatballs, roasted tomato sauce, parmesan & grilled focaccia bread. Available Gluten Free, please note with your preorder.

Please call or email 3 days prior to your visit to book a reservation for your team at 403-240-3619 - laura@spotoncalgary.com

email laura@spotoncalgary.com to place your pre-orders.